

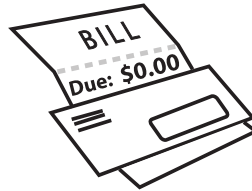
What's Free?

You Have Health Insurance

HealthCare +
Health Insurance

Preventive Health Care

- Keeps you healthy
- Saves you money



Look on the back to see what is FREE in all health plans. Your health plan might have more FREE services.

1. Call your Insurance Company ☎

- A.** Ask what health services are free for you and your family.
- B.** Ask where to go for the services so they are **in-network**.



2. Schedule your yearly FREE check-up

- A.** Call your **provider** and ask to schedule your yearly check-up.
- B.** Go to your check-up and ask what tests are needed for your age.
- C.** Ask your provider if everything in the visit is covered under a free check-up.



***bring notes**

- 1. What are the tests for my age?
- 2. Is this covered?
- 3. Is this test free?

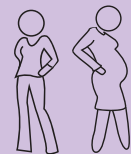
Always ask if a test is free!



Use the doctors, clinics, and hospitals that are in this group.



A primary care provider is the doctor, nurse, or healthcare professional you see for routine care.



Women may also get an additional "well woman" check-up for FREE.

⚠ What is NOT free? ⚠

Prescriptions

If the provider **diagnoses**, or finds a medical problem.


Some tests are not free. (Call your insurance company to check)

If you get **additional care** during your yearly check-up, you may pay a fee.

covering
Wisconsin
Connect to Care, Engage in Health

www.coveringwi.org

Some Free Preventive Services

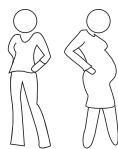
*Call your Insurance Company for a complete list. 

For Children and Teens



- Autism testing (18-24 months)
- Depression testing for teenagers
- Development and behavior tests
- Immunizations / Vaccines
- Lead testing
- Hearing and vision testing
- Obesity testing and counseling
- Dental check-up
- Sexually Transmitted Infection testing and prevention counseling

For Women



- Domestic violence counseling
- Folic acid vitamins for women who may become pregnant
- Osteoporosis testing (age 60+)
- Pregnant women and new moms receive many tests and breastfeeding support to keep mom & baby healthy
- Well-woman visits include breast cancer and cervical cancer testing
- Birth control (This does not apply to health plans sponsored by certain exempt "religious employers.")

For All Adults



- Alcohol misuse counseling
- Blood pressure testing
- Diabetes (Type 2) testing
- Diet counseling (at risk groups)
- Immunization / Vaccines
- Obesity testing and counseling
- Sexually Transmitted Infection testing and counseling
- Help to quit smoking

Definitions



An **immunization** is a shot to help prevent a disease or sickness.
Counseling means that a professional will teach you something.



If you are charged for a free service:



If you are charged for an annual check-up or a free service, it is important to **ask why**.

- Call the clinic that billed you. 
- Give reasons why you should not be billed.
- You may need to fill out forms with your insurance company to remove a charge.
- Call customer service of your insurance company for help. 

Example: Why was Jane charged?

Jane went to her free yearly check-up. She is confused because she got a bill for the check-up two months later.



Jane called her insurance company and asked why she was charged for the doctor visit. Her insurance company told her that during the free check-up, the doctor looked at a rash on her feet.

The doctor diagnosed her rash as athlete's foot. The yearly check-up was free, but Jane was charged because the doctor diagnosed her medical problem.