

Extra Benefits to Get and Keep You Healthy

More than 50 free preventive services

When it comes to your health, studies show that early detection is key. That's why all BlueShield individual and family plans include more than 50 free preventive services to help you take control of your health – and work to improve it, too. For a complete list of preventive services, visit bsneny.com/preventive.

- Well child visit
- Annual checkup
- Blood pressure screening
- Cholesterol screening
- Breast cancer mammography screening
- Osteoporosis screening for women over 60
- Breast-feeding support
- Autism screening for children under 24 months
- Colorectal cancer screening
- Diet counseling
- Lead screening for children at risk of exposure
- Adolescent alcohol and drug use assessments
- Free immunizations, including influenza, measles, mumps, tetanus, and more

Free personalized health coaching

As a member, you have access to our health coaching team of registered nurses, nutritionists, and exercise experts who will work one-on-one with you and your family to answer questions, develop personal health plans, and connect you with the resources you need.

Personal health advocate

This unique resource is available to you and your family members – even those who don't have BlueShield health insurance. Your health advocate can help you understand complex health care issues, assist you with eldercare concerns, research current treatments for medical conditions, secure second opinions, and help schedule appointments with hard-to-reach specialists. For more information on your personal health advocate, visit bsneny.com/healthadvocate.