



# 3 KEY THINGS ABOUT USING YOUR PREVENTIVE CARE BENEFITS

**Schedule Your Annual Checkups Now!** Preventive care is vital to maintaining good health, managing risk factors and detecting health problems early.



## 1. RECEIVE FREE PREVENTIVE CARE IF YOU VISIT NETWORK PROVIDERS

If you're enrolled in an LSC **MEDICAL** Program option, eligible in-network preventive care is **covered at 100%**, even if you haven't met your deductible. That includes physicals, screenings and vaccinations. Have your provider code the visit as routine/preventive care to help ensure your claim is paid promptly.

Your LSC dental and vision options include checkups, too:

- With **DENTAL**, you get 2 preventive cleaning/oral exam visits, 2 periodontal maintenance visits and 1 problem-focused visit per year for FREE!
- **VISION** includes 1 routine exam every 12 months (every 6 months for children under 19): \$10 copay with EyeMed, \$0 copay with EyeMed Enhanced.



## 2. GET HELP FINDING PROVIDERS, MAKING APPOINTMENTS AND CHECKING COVERAGE

- **MEDICAL:** [bcbsil.com/lsc](http://bcbsil.com/lsc)  
1-888-895-6985  
(PPO network)
- **DENTAL:** [metlife.com/mybenefits](http://metlife.com/mybenefits)  
1-888-447-8996  
(PDP Plus network)
- **VISION:** [eyemed.com](http://eyemed.com)  
1-866-723-0514  
(Vision Care Program network)



## 3. FIND WAYS TO SAVE ON FOLLOW-UP CARE

Don't let the fear of additional care keep you from getting a checkup. Should you need follow-up tests or procedures, you can get help finding the right care at the right cost:

- **MEDICAL:** Call **1-888-895-6985** to speak with a **personal health advocate** at Blue Cross and Blue Shield of Illinois (BCBSIL).  
Log in at [bcbsil.com/lsc](http://bcbsil.com/lsc) and use the Provider Finder to compare charges for a wide variety of services.
- **DENTAL/VISION:** For help determining costs, contact the vendor directly.