

PREVENTIVE SCHEDULE

Questions and Answers

What is a Preventive Schedule?

The Highmark Blue Cross Blue Shield Delaware (Highmark Delaware) Preventive Schedule is a list of general preventive care guidelines. We encourage our members to take a copy of the preventive schedule with them when they, or a family member, visit their doctor.

How are these guidelines developed?

We routinely revise the guidelines on the Preventive Schedule based on information supplied by national organizations such as the Centers for Disease Control and Prevention; the Advisory Committee on Immunization Practices; the American Academy of Family Physicians; and the American Academy of Pediatrics. The guidelines also include Health Care Reform Mandates issued by the United States Preventive Services Task Force.

What is on the Preventive Schedule?

The schedule includes tests that are performed for both routine and diagnostic reasons.

Are the tests on the Preventive Schedule covered under my plan?

If you are seeing your doctor and have **not** been diagnosed with a medical condition, you should expect the services that are listed on the preventive schedule to be performed for routine/preventive care and covered under your plan. If your doctor orders other tests, those tests may be denied in certain instances. If you have a medical condition and the tests are being done to monitor the condition, then the services would be performed for diagnostic reasons and covered at the standard benefit level.

How is benefit payment determined?

Your benefit payment is determined by how your doctor codes your procedure. Diagnostic tests performed for treating or diagnosing a medical condition. To verify or confirm benefit coverage, please call **1-800-633-2563**, M-F, 8:00 a.m. to 8:00 p.m.

What is the difference between diagnostic care and preventive care?

In general, the reason for the exam. When you see a doctor for preventive care, you would not have symptoms or a previous medical history that would require the doctor to perform the procedure(s). When you receive diagnostic care, the doctor is performing the procedure(s) to diagnose or treat your condition.

Where can I find the Highmark Delaware Preventive Schedule?

If you want to download or print a copy of the current Highmark Delaware Preventive Schedule, you can do so at www.highmarkbcbsde.com. Log in to our member portal and choose *Health & Wellness* from the main menu. Then, select *Healthy Living* from the left-hand side of the page. Under *Prevention*, choose *Preventive Schedule*.