

CALIFORNIA has made significant progress in reducing the ranks of the uninsured, and today nearly 93 percent of Californians have health coverage. These individuals and families have access to a comprehensive suite of health care benefits as health plans are offering more essential services than ever before. Preventive health care makes up an important part of California's health care foundation and health plans cover the full cost of many preventive services. This early investment in health is helping Californians live more vibrant lifestyles.

# 93%

### Prioritizing Care

Prevention is the best medicine for living a healthy lifestyle. Services helping Californians to avoid ailments and diseases, or detect them early on, are an invaluable investment in the health of the state's individuals and families.

#### Preventive Care Is:

REDUCING  
DISEASE PREVALENCE



BOOSTING  
QUALITY OF LIFE



REDUCING MEDICAL  
HEALTH CARE COSTS



INCREASING  
LIFE EXPECTANCY



Surgeongeneral.gov

### Valuing Your Health

California's health plans offer a full suite of preventive services, at little- to no-cost. Core preventive services covered by health plans give individuals and families the tools to invest in their health at every stage of life.

#### CHILDREN



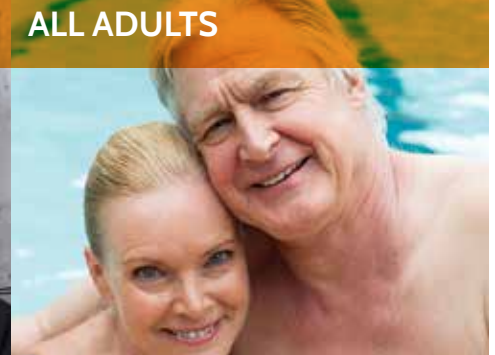
- > Well-Baby Check-Ups
- > Childhood Immunizations
- > Vision Assessments
- > Developmental Screenings
- > Behavioral Assessments
- > Screening for Certain Diseases
- > And Many More

#### WOMEN



- > Well-Woman Check-Ups
- > Mammograms
- > Cervical Cancer Screenings
- > Breast Cancer Chemoprevention
- > Breastfeeding Support & Counseling
- > Mental Health Screenings
- > Contraception Options
- > And Many More

#### ALL ADULTS



- > Certain Cancer Screenings
- > Adult Immunizations
- > Blood Pressure & Cholesterol Screenings
- > Diet & Nutrition Counseling
- > Mental Health Screenings
- > Screenings for Many Diseases
- > And Many More

## Going the Extra Mile

California's health plans have recognized the value and benefit of investing in preventive and essential health services. Many Californians will find their coverage goes above and beyond, providing new and comprehensive programs and services to address the needs of members and help tackle some of today's most pressing health care challenges.

### Preventing & Treating Diabetes

Type 2 diabetes is one of the fastest-growing and most costly diseases in the U.S. and in California<sup>1</sup>, presenting a major health risk if undetected or not properly managed.

Nearly half<sup>2</sup> of California adults, including one third of young adults, have either prediabetes, or undiagnosed diabetes. And, another 2.5 million adults have already been diagnosed. California's health plans are working to tackle this issue:



DIABETES SCREENINGS



PREVENTION PROGRAMS



EDUCATION & TRAINING



MEDICAL SUPPLY COVERAGE



MEDICAL DEVICE & EQUIPMENT COVERAGE



ARTIFICIAL LIMB COVERAGE

### Targeting Core Issues

Diabetic retinopathy is a leading cause of blindness in American adults. A CAHP member health plan has built a solution that offers virtual screenings for the disease in primary care offices, helping to:

- > Detect twice as many patients with retinopathy
- > Reduce secondary trips for screenings
- > Bring down patient costs and boost quality and convenience

<sup>1</sup>Diabetes.org, <sup>2</sup>UCLA.edu

### Promoting a Healthy Lifestyle

As the obesity rate in the U.S. and in California have risen<sup>3</sup>, so too have the diseases and complications that accompany the condition, such as diabetes, hypertension and heart disease. Many California health plans are helping to prevent obesity and promote healthy lifestyles.

- > WEIGHT MANAGEMENT
- > OBESITY SCREENING
- > NUTRITION COUNSELING
- > SUPPORT GROUPS
- > HEALTH EDUCATION CLASSES

<sup>3</sup>Stateofobesity.org

### Tackling Addiction Together

Struggle with addiction jeopardizes the mental and physical health of many Californians. Programs like these reduce the barrier to help for those who need it most.

- > Smoking Cessation Programs
- > Mental Health Screenings & Support
- > Alcohol Misuse Screening & Counseling
- > Drug Abuse Screening & Counseling

### Checking-Up on Your Health

Check-ups are a crucial part of a healthy lifestyle. Health plans recognize this, and many are offering:

- > Free Annual Physician Check-Ups
- > Select Nutritional Supplements
- > Need-Based Health Reviews & Screenings
- > Personalized Health Advice & Treatment Schedules