**Preventative Services Offered at PMC**

**Most Preventative and screening services are covered at no or low costs with most insurance plans. Verification of your benefits prior to your appointment will reduce your chance of any surprise bills. Your insurance card should list a member service phone number on it. We have provided some most common insurance links on the back of this document.**

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| **Adult Preventative** | **Medicare Wellness** |
| The annual adult preventative visit is a full head-to-toe physical exam which also includes:  | The Annual Wellness Visit is a yearly appointment to create or update a personalized prevention 5-10 year plan. Keep in mind that a Wellness Visit is not a head-to-toe physical exam. Visit also includes: |

* Lung cancer screening (adults 50 to 80 at high risk for lung cancer)
* Syphilis screening (for adults at higher risk)
* Tuberculosis screening (for adults without symptoms at high risk)
* Mammograms
* Cervical cancer screening
* Bone density screening (for adults at high risk)
* Colorectal cancer screening
* Obesity screening and counseling
* Prostate cancer screening
* Depression Screening
* Alcohol, Tobacco and substance use assessment
* Provide health advice and referrals to health education and/or preventive counseling services aimed at reducing identified risk factors and promoting wellness
* **Does not include treatment of new or ongoing concerns which would require scheduling a problem visit – which may result in additional billing to the patient at the time of visit**
 | **Children Preventative*** Behavioral Assessment
* Developmental Screening
* Head to toe physical exam
* Sports physical is included if applicable
* Obesity screening and counseling
* Vision/ Hearing Screening
* Depression Screening starting at age 12
* Alcohol, Tobacco and drug use assessment
* Newborn Screening

**Preventative Labs*** Cardiovascular screening
* Cholesterol screening
* Diabetes screening
* Hepatitis B screening
* Hepatitis C screening
* HIV
* STI

 A green button with a check mark  AI-generated content may be incorrect. | **Vaccines*** Flu vaccine
* Covid 19 vaccine
* Pneumonia vaccine
* Hepatitis B vaccine
* Diptheria, tetanus, and pertussis (covered by Medicare if injury)
* Chickenpox (Varicella)
* Measles/ Mumps/ Rubella
* Meningococcal
* Gardasil/HPV
* Polio

**PMC is part of the Vaccines for Children Program(VFC)**Children are eligible if it is before their 19th birthday and they:* Qualify for Medicaid
* Don’t have insurance
* If insurance doesn’t cover vaccines

Full list of vaccines available upon request.VFC cost per vaccine is $21.96 |