Free Preventive Services for Adults

Most health insurance plans must cover a set of preventive services – such as shots and screening tests – at **no cost to you**. This includes plans bought through HealthCare.gov. Taking advantage of these free services can help you stay healthy and avoid more expensive care later.

IMPORTANT: These services are free only when delivered by a doctor or other provider in the plan's network.

Free services for adults include:

- **Abdominal aortic aneurysm one-time screening** for men between ages 65 and 75 who have ever smoked

- **Alcohol misuse screening and counseling**

- **Aspirin use** to prevent cardiovascular disease for men ages 45 to 79 and women ages 55 to 79

- **Blood pressure screening**

- **Cholesterol screening** for men 35 and older, men ages 20 to 35 and women ages 20 or older at higher risk

- **Colorectal cancer screening** for adults older than 50

- **Depression screening**

- **Diabetes (Type 2) screening** for adults with high blood pressure

- **Diet counseling** for adults at higher risk for chronic disease

- **Hepatitis B screening** for people at high risk, including people from countries with 2 percent or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8 percent or more Hepatitis B prevalence

- **Hepatitis C one-time screening** for adults at increased risk and for everyone born between 1945 and 1965

- **HIV screening** for everyone ages 15 to 65, and other ages with increased risk

- **Immunization vaccines for:**

  - Diphtheria
  - Hepatitis A
  - Hepatitis B
  - Herpes Zoster
  - Human Papillomavirus (HPV)
  - Influenza (flu shot)
  - Measles
  - Meningococcal
  - Mumps
  - Pertussis
  - Pneumococcal
  - Rubella
  - Tetanus
  - Varicella (Chickenpox)

- **Lung cancer screening** for adults ages 55 to 80 at high risk for lung cancer because they are heavy smokers or have quit in the past 15 years

- **Obesity screening and counseling**

- **Sexually transmitted infection (STI) prevention counseling** for adults at higher risk

- **Syphilis screening** for adults at higher risk

- **Tobacco use screening** for all adults and cessation interventions for tobacco users

ESSENTIAL HEALTH BENEFITS FOR HEALTH INSURANCE PLANS

Most health insurance plans bought through HealthCare.gov or from an insurer must offer a full package of items and services, known as "**essential health benefits**." The cost of these services vary depending on the plan you select. To learn more about the potential costs, contact your insurer.

These benefits include:

- Outpatient care: The kind you get without being admitted to a hospital

- Trips to the emergency room

- Treatment in the hospital for inpatient care

- Care before and after your baby is born

- Mental health and substance use disorder services: This includes behavioral health treatment, counseling, and psychotherapy

- Your prescription drugs

- Services and devices to help you recover if you are injured, or have a disability or chronic condition: This includes physical and occupational therapy, speech-language pathology, psychiatric rehabilitation, and more

- Your lab tests

- Preventive services, including counseling, screenings, and vaccines to keep you healthy and care for managing a chronic disease

- Pediatric services: This includes dental care and vision care for children younger than 18

If you have questions about what else your health insurance plan covers, review your plan's summary of benefits and coverage or contact your insurer.