The power of prevention

You go to the clinic when you're sick, but don't forget that it's equally important to see your provider when you're well. Preventive care, such as cancer screenings, helps to detect diseases at an early stage when they can be most effectively treated. Screenings, immunizations and preventive services are available to children and adults. By staying up to date with this type of care, you and your family can maintain your best health at every age.

Preventive care benefits

As Sanford Health Plan members, you and your family are eligible for free preventive care. This includes:

- Breast cancer screening for women ages 40 and older
- Breastfeeding supplies for new moms
- Cervical cancer screening for women ages 21 and older
- Colorectal cancer screening for adults ages 50 and older
- Depression screening
- Immunizations
- Sexually transmitted disease screening
- Tobacco cessation counseling and medications
- Yearly wellness exams for children and adults

You do not need prior authorization to receive these services from an in-network provider. Talk to your doctor about what care is right for you and your family. You can also view an entire list of preventive health guidelines for Sanford Health Plan members at **sanfordhealthplan.com/wellness** or by logging into your secure ***my*SanfordHealthPlan account**.

For questions about your coverage, contact customer service at **(800) 752-5863.**

SANFORD HEALTH PLAN

791-873-446 11/21