



We have all heard the saying, “an ounce of prevention is worth a pound of cure.” This is true, especially when it comes to preventive health care. A focus on regular preventive care, along with following the advice of your doctor, can make a big difference in keeping you healthy. No-cost coverage of preventive health care is a key provision of the Affordable Care Act (ACA). A complete list of ACA preventive services is on the [DAS Health Insurance webpage](#) for your review.

Here are some tips about State of Iowa benefit coverage of preventive health care services:

- To be at no cost to you, the service must be provided by a Wellmark Blue Access health care provider (if you are enrolled in Iowa Choice) or a Wellmark Alliance Select provider (if you are enrolled in National Choice.)
 - If your health care provider bills an office visit separately from your preventive services, you may have a copay.
 - You may have a copay if the primary reason for your appointment is something other than preventive care.
 - If the screening reveals a medical problem, you will have out-of-pocket expenses for treatments and follow-up appointments with your provider.
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