



Free Preventive Care



Preventive care plays a key role of keeping your medical costs down in the long run. When you enroll for health coverage through the My Arkansas Insurance, you're guaranteed free preventive care, including regular doctor visits, cancer screenings and disease prevention screening, including:

- 1. Alcohol abuse screening and counseling** for kids and adults
- 2. Aspirin use** to prevent heart disease for men and women of certain ages
- 3. Autism screening** for children at 18 and 24 months
- 4. Blood pressure screening**
- 5. Cervical dysplasia screening** for sexually active adolescent females
- 6. Cholesterol screening** for adults at high risk or who are a certain age
- 7. Colorectal cancer screening** for adults over 50
- 8. Depression screening** for kids and adults
- 9. Developmental screening** for children under age 3
- 10. Diabetes (Type 2) screening** for adults with high blood pressure
- 11. Diet counseling** for adults at higher risk for chronic disease
- 12. Fluoride supplements** for children without fluoride in their water source
- 13. Height, weight and body mass index (BMI) measurements** for children
- 14. Hepatitis B screening** for people at high risk.
- 15. Hepatitis C screening** for adults at increased risk, and one time for everyone born between 1945-1965
- 16. HIV screening** for everyone ages 15-65, and other ages at increased risk
- 17. Immunization vaccines** for children from birth-18, and adults – doses, recommended ages, and recommended populations vary
- 18. Iron supplements** for children ages 6-12 months at risk for anemia
- 19. Lead screening** for children at risk of exposure
- 20. Lung cancer screening** for adults 55-80 at high risk for lung cancer
- 21. Newborn Screening, including:**
 - a. Phenylketonuria (PKU) screening**
 - b. Hypothyroidism screening**
 - c. Hearing screening**
 - d. Sickle Cell screening**
- 22. Obesity screening and counseling**
- 23. Oral health risk assessment** for young children
- 24. Sexually transmitted infection (STI) prevention counseling** for adolescents and adults at higher risk
- 25. Syphilis screening** for adults at higher risk
- 26. Tobacco use screening** for adults and interventions for tobacco users
- 27. TB testing** for children at higher risk of tuberculosis
- 28. Vision screening** for all children

WHERE CAN I FIND HELP TO ENROLL?

- **Online** – Visit myARinsurance.com for more information
- **In Person** – Visit myARinsurance.com to find help near you
- **By Phone** – Call 844-355-3262, Monday – Friday, 8 a.m. – 4:30 p.m.

