

Free preventive services help you stay healthy!

Insurance provides free preventive services that can help you stop disease and other health problems, or detect illness early, when treatment is likely to work best.

Adults

Alcohol counseling • Blood pressure tests
Cholesterol screening • Depression screening
Diabetes screening • Immunizations
Obesity counseling • Osteoporosis screening
Mammography • Stop smoking programs

Children

Autism screening • Behavioral assessments
Fluoride supplements • Immunizations
Lead screening • Vision screening

What about other benefits?

While not required, plans may offer additional services, including:

- Dental coverage
- Vision coverage
- Medical management programs for things like weight, back pain, and diabetes

If these or other benefits are important to you, make sure to look for them when you compare plans.



Essential Health Benefits

For American Indians and Alaska Natives

- Benefits that all plans cover
- Free preventive care

For more information:

- **Preventive Services:**
www.healthcare.gov/coverage/preventive-care-benefits/
- **Essential Health Benefits:**
<https://www.healthcare.gov/coverage/what-marketplace-plans-cover/>
- **Go.CMS.gov/AIAN**

Signing up for health insurance is easy and affordable:

- Visit your Indian health program,
- Go online to healthcare.gov/tribal, or
- Call 1-800-318-2596



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Essential Health Benefits are a set of health care services that are covered by all Marketplace, Medicaid, or Children Health Insurance Program (CHIP) plans.

Outpatient care

- Doctor's visits
- Same-day surgery
- Home health care and hospice

Emergency services

- Trips to the emergency room
- Ambulance service

Prescription drugs

Laboratory services

Testing to help doctors diagnose conditions or monitor treatment, including:

- X-rays
- Blood tests

Nursing home care

Hospitalization

Care you receive in the hospital, including:

- Doctor's care
- Surgeries
- Medications
- Tests
- Room and board

Mental health/substance use disorder services

- Behavioral health treatment, such as therapy and counseling
- Mental and behavioral health hospitalization
- Substance use disorder (commonly known as substance abuse) treatment

Rehabilitative/Habilitative services/devices

Treatment and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills, including:

- Services (physical therapy, speech therapy, etc.)
- Devices (walkers, body braces, etc.)

Pregnancy/maternity care

- Pregnancy care
- Childbirth
- Newborn care

Child health care

Plans must provide all of the above services to children, plus:

- Dental care
- Vision care

Additional benefits

All plans must also cover the following at no charge.

Breastfeeding

- Support and counseling
- Equipment, including a breast pump

