



Your Health Matters

The Power of Preventive Care and In-Network Doctors

Preventive care plays an important role in maintaining your health by helping to catch potential health issues early, often before any symptoms appear. Regular check-ups and screenings can prevent serious illnesses and contribute to improved long-term health.

Common Preventive Services

- Annual physical exams and wellness visits
- Vaccinations and immunizations
- Screenings like blood pressure, cholesterol, and cancer screenings
- Healthy lifestyle counseling and support

Services may be covered at no cost when using in-network providers for preventive care. For eligible employees, wellness rewards can also be earned by getting your annual physical exam. See the [CMU 2025-2026 Well-Being Program](#) for more information.

Benefits of Using In-Network Doctors

- Lower out-of-pocket costs compared to out-of-network providers
- Access to high-quality care vetted by your health plan
- Simplified billing and fewer surprises on medical bills
- Coordinated care that supports your overall health journey

Choosing in-network doctors maximizes your insurance benefits and reduces financial risk. Always verify network status before making appointments.

Take Charge of Your Health Today

Scan the QR code below to download the app for your health plan. Use the to, review your coverage, find in-network care near you, review your claims, get your ID card and see other programs and services. Remember, your health is your greatest asset—invest in it wisely.



MESSA app:



Blue Cross Blue Shield of Michigan app:

