



# 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 app 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: