Hi, I’m Kate. I’m here to show you a few ways to take charge of your health online.

Taking charge of your health is important, because when you are proactive in your health care, you can improve the quality of care you receive for you and your family.

After you enroll in health insurance coverage, most plans offer a variety of preventive healthcare services, which you can learn about using the Internet and through discussion with your doctor.
The website Healthcare.gov offers a wealth of information about preventive health services for all adults, women, and children. Most health plans, including plans available through the Health Insurance Marketplace, must cover a set of preventive services such as shots or vaccines, and screening tests at no cost to you only when they are delivered by a doctor or other provider in your plan’s network.
Let’s look to see what types of preventive care benefits are recommended for adults. There are three sets of free preventive services – for all adults, for women, and for children. Please click on the link “For all adults” to see a list of covered services.
Good job!

There are more than twenty preventive health services recommended for all adults. All Marketplace health plans must cover this list of preventive services without charging you a copayment even if you haven’t met your yearly deductible.
Remember, a deductible is the amount you pay for covered health care services before your insurance plan starts to pay. For example, if you have a $500 deductible, and you have a $1000 medical bill, you will pay $500, and your insurance will pay the remainder.
On the Preventive Care for Adults page, you’ll see many common recommendations such as diet counseling, depression screening, blood pressure screening, and a long list of immunization vaccines to prevent measles, the flu, and mumps, just to name a few. Recommendations vary based on age, sex, family history, and other reasons.
Prevention is especially important as you get older. As your risk of getting certain diseases changes, and you may need different screenings. Colorectal cancer screening is a good example.

Everyone needs a colorectal screening between the ages of 50 and 75, and each screening test has pros and cons. You can search for information about the screening tests online, to find out which test screening you prefer.
It is important to ask questions when you visit your doctor and to keep track of your health information, results, medications, and procedures.

In the remainder of this course, we’ll review the MyHealthFinder website. This is a website coordinated by the Office of Disease Prevention and Health Promotion and the Department of Health and Human Services. We’ll follow along with our friends Juanita and Harold, who you met in the digitallearn.org course “Using Healthcare.gov to Enroll in Health Insurance”.
Juanita is in the early stages of pregnancy and needs to learn more about preventive healthcare for her and her baby to stay healthy.

Harold just turned fifty and recently enrolled in a new health insurance plan. He would like to schedule an appointment with a doctor to receive recommended preventive health care services for his age.
Both Juanita and Harold are taking charge of their health by learning to further navigate personalized health information online from trusted sources.

In the next lesson, we’ll look at some of the steps Juanita and Harold will need to complete in order to identify some of the recommended preventive services for each of them, and to schedule an appointment with their doctor as a part of their health insurance coverage plan.

Click on the green button to end this lesson.