



Which Plans Are Covered?

Does my insurance plan cover free preventative care services?

If you purchase health insurance through New Mexico's new health insurance marketplace, or have a plan that started after March 23, 2010, your health insurance will provide the services listed in this brochure without cost-sharing. This means that, for these services, you will not be charged any additional costs.

You can also call your insurance company or talk to your human resources department to see if your plan offers cost-sharing free services.

Girl's Night Out for Women's Health, Flickr.



Questions? We Can Help!

Has your insurance company denied coverage of one of the services listed in this brochure? If so, you can file an appeal.

Contact your insurance company to find out where to send your appeal.

Questions? Please contact New Mexico's Office of the Superintendent of Insurance at **1-855-857-0972**, New Mexico Legal Aid at **505-243-7871**, or the SWLC.



Southwest Women's Law Center

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Women's Health and the ACA



Cost-sharing Free Preventative Care!



Know your rights!
Keep yourself healthy!

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More Info About Birth Control

What kinds of birth control do insurance companies have to cover?

All new health insurance plans must cover, without cost-sharing, all birth control methods approved by the FDA and prescribed by a doctor. This includes birth control pills, patches, rings, shots, implanted devices like IUD's, barrier devices like diaphragms, sterilization procedures, and emergency contraception.

What if the insurance company won't cover my brand of birth control?

Insurance companies *can* limit the brands of birth control they cover. However, each insurance company has to offer at least one brand of birth control in each category of birth control approved by the FDA. For example, your plan must offer at least one brand of pill, patch, diaphragm, etc.

What Preventative Care Means for Women

Under the Affordable Care Act (ACA), you may be able to get some important preventative care services – that can keep you healthy – at no additional cost.

What Services Are Covered?

- Well-woman doctor's visits
- Birth control and the doctor's visit to get a prescription
- Breast cancer screen every 1 to 2 years for women over 40
- Cervical cancer screening
- Bone density testing for women over 60
- Breast feeding support and counseling, including free breast pumps
- Sexually transmitted infection (STI) screenings
- Fetal blood compatibility screening, Hepatitis B testing, urinary tract infection screening, diabetes screening, anemia screening for pregnant women
- Genetic testing for women with a family history of breast cancer
- Domestic violence screening and counseling