

Preventive Services



Good health is more than the absence of disease. It's a lifestyle of wellness and prevention. That's why preventive services are part of the 10 essential benefits included in plans that meet the criteria of the Affordable Care Act (ACA)*.

Preventive care services are for patients without recognized signs or symptoms of the target condition. Screening is the testing for disease in seemingly well individuals so that early detection and treatment can be provided for those who test positive for the disease. If a screening service results in a diagnosis of a condition, the patient will be followed by a surveillance regimen and recommendations for screening are no longer applicable. The testing of a person to rule out or confirm a suspected diagnosis because the patient has some sign or symptom is a diagnostic examination, not a screening.

Members may have additional services and/or tests performed during a medical appointment for preventive services that are not covered under wellness services or meet ACA recommendations. Additional diagnostic services and tests may be subject to cost sharing such as deductible and coinsurance. Members should contact Member Services at the telephone number and address on the back of their Identification Card for further preventive services information.

*These specific types of preventive services, as defined under the ACA, may be covered under a Member's Benefit Plan depending on factors such as grandfathered status, product type and anniversary date, and contraception exemptions. The terms and conditions of the written Benefit Plan govern the benefits available to Members, and the Guidelines do not guarantee coverage or payment for a particular service.

Preventive Service	Description
Immunizations	Immunizations recommended by the Centers for Disease Control and Prevention for age, sex, gender www.cdc.gov/vaccines .
Infants & Children	
Pediatric Preventive Visits • 11 visits from birth through 35 months • Annual visit after 36 months	Includes an age and gender appropriate history; physical examination; counseling, anticipatory guidance, or risk factor reduction interventions; and the ordering of laboratory or diagnostic procedures.
Vision Screening Per calendar year through age 21	Graduated visual acuity stimuli that allow a quantitative estimate of visual acuity (e.g., Snellen chart); does not include refractions.
Hearing Screening Per calendar year through age 21	Requires use of calibrated electronic equipment; tests using other methods (e.g., whispered voice, tuning fork) are not reported separately.
Developmental/Autism Screening Through age 2	Screening to determine if the patient needs additional work-up for a developmental disorder. Requires use of a standardized, validated tool.
Lead Screening Through age 6	For children at risk for lead exposure.
Tuberculin Test	Screening test for tuberculosis if determined to be at high risk.
Cholesterol Screening 1 every 5 years	Screening test for high cholesterol if determined to be at high risk.
Oral Health	Oral health screenings by a primary care provider and referral to a dentist at the appropriate age.
Prevention of Dental Caries in Children Through age 6	<p>Primary care clinicians may prescribe oral fluoride supplementation starting at age 6 months through age 16 years for children whose water supply is deficient in fluoride. Over-the-counter fluoride tablets will be non-covered.</p> <p>Primary Care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption through age 6.</p> <p>Prescription required for oral fluoride supplementation. Handled through the pharmacy benefit manager.</p>



Preventive Service	Description
Newborn Screenings	
Congenital Hypothyroidism Through age 1	Federally mandated newborn test. Generally provided prior to newborn discharge.
Gonorrhea, Prophylactic Eye Medication	Generally provided prior to newborn discharge.
Iron Deficiency Anemia Through age 2	Federally mandated newborn test. Generally provided prior to newborn discharge.
Newborn Blood / PKU Through age 1	Federally mandated newborn test. Generally provided prior to newborn discharge.
Sickle Cell Anemia Through age 1	Federally mandated newborn test. Generally provided prior to newborn discharge.
Adult/Adolescent Preventive Services	
Annual Visit 2 visits for Females 1 visit for Males	Includes an age and gender appropriate history; physical examination; counseling, anticipatory guidance, or risk factor reduction interventions; and the ordering of laboratory or diagnostic procedures.
Counseling and Screening for Human Immunodeficiency Virus (HIV)	Screening for HIV recommended for all pregnant women, adolescents and adults at increased risk for HIV infection.
Medications for the Pre-exposure Prophylaxis (PrEP) for Prevention of Human Immunodeficiency Virus (HIV) Infection For persons at high risk of HIV acquisition	Clinicians should engage in informed decision making with persons at high risk of Human Immunodeficiency Virus (HIV) acquisition about medications to reduce their risk. For persons who are at high risk of acquiring HIV, clinicians may offer to prescribe recommended risk-reducing antiretroviral medications, such as Truvada.
Alcohol and Drug Use Assessment Greater than age 5	Annual screening in primary care settings can identify patients whose levels or patterns of alcohol consumption place them at risk for increased morbidity and mortality and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse.
Colorectal Cancer Screening Colonoscopy • 45-75 years of age • 1 every 10 years Sigmoidoscopy, Proctosigmoidoscopy and CT Colonography • 45-75 years of age • 1 every 5 years Colon Pathology • 45-75 years of age	Screening for colorectal cancer using fecal occult blood testing or FIT on an annual basis, FIT-DNA every 3 years or proctosigmoidoscopy / sigmoidoscopy / CT colonography every 5 years or colonoscopy every 10 years recommended in adults beginning at age 45 and continuing until age 75. Includes related pathology & prescription bowel prep meds. Colon pathology will process as preventive when related to a preventive colonoscopy, sigmoidoscopy or proctosigmoidoscopy.
Fecal Occult • 45-75 years of age • 1 Per Calendar year	Screening for colorectal cancer using fecal occult blood testing or FIT on an annual basis, FIT-DNA every 3 years or proctosigmoidoscopy / sigmoidoscopy every 5 years or colonoscopy every 10 years recommended in adults beginning at age 45 and continuing until age 75.
FIT-DNA • 45-75 years of age • 1 every 3 years	
Aspirin (81 mg) When prescribed	Use of aspirin for men ages 45-79 or women ages 55-79 when the potential benefit of a reduction in ischemic strokes outweighs the potential harm of an increase in gastrointestinal hemorrhage.
Depression Screening Greater than 6 years of age	Screening of adolescents and adults when adequate systems are in place to ensure accurate diagnosis, effective treatment and follow-up.
Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults with Cardiovascular Risk Factors Licensed Registered Dietician visits are available up to 4 visits per year for hyperlipidemia and 2 visits per year for hypertension.	Recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease (CVD) risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for CVD prevention.



Preventive Service	Description
Adult/Adolescent Preventive Services <i>(Continued)</i>	
Screening and Counseling for Interpersonal and Domestic Violence Greater than 6 years of age	Screening and counseling involve elicitation of information from men, women, non-binary individuals and adolescents about current and past violence and abuse in a culturally sensitive and supportive manner.
Lipid Disorders (Cholesterol Screening) 1 every 5 years	High levels of total cholesterol and low density lipoprotein-cholesterol (LDL-C) and low levels of high density lipoprotein-cholesterol (HDL-C) are risk factors for coronary heart disease. Lipid measurement can identify asymptomatic men and women who are eligible for preventive therapy.
High Blood Pressure Screening	Hypertension is a condition that contributes to significant adverse health outcomes, including premature deaths, heart attacks, renal insufficiency and stroke. Screening for hypertension can identify adults at increased risk for cardiovascular disease due to high blood pressure.
Intensive Behavioral Interventions for Obesity 26 visits per Member per Benefit Period	Calculating Body Mass Index identifies adults at increased risk for mortality and morbidity due to overweight and obesity. High-intensity counseling about diet, exercise or both together with behavioral interventions aimed at skill development, motivation and support strategies produce modest, sustained weight loss in adults who are obese.
Tobacco Counseling 2 quit attempt cycles per year. A quit attempt cycle includes 4 counseling visits and/or a 3-month supply of nicotine or non-nicotine replacement therapy.	Clinicians should ask all adults about tobacco use and provide tobacco cessation interventions for those who use tobacco products.
Statin Use 40-75 years of age	Adults aged 40-75 years without a history of cardiovascular disease (CVD) who have 1 or more CVD risk factors (dyslipidemia, diabetes, hypertension, or smoking) and a calculated 10-year CVD event risk of 10% or greater.
Tuberculin (TB) Test	Screen for latent tuberculosis infection in populations at increased risk.
Fall Prevention 65 years of age and older	Exercise or physical therapy to prevent falls in community-dwelling adults aged 65 years or older who are at risk for falls.
Hepatitis C Virus (HCV)	Screen for hepatitis C virus (HCV) infection in persons age 18 to 79.
Hepatitis B Virus Infection in Nonpregnant Adolescents and Adults	Screen for hepatitis B virus (HBV) infection in persons at high risk for infection.
Screening for Lung Cancer Per Calendar year for 50-80 years of age	Annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.
Pap Smear 1 per Calendar year	Screening for cervical cancer.
Human Papillomavirus (HPV) Testing	Screening for HPV infection that may be associated with cervical cancer. Perform screening every 5 years beginning at age 30.
Counseling for Sexually Transmitted Infections (STI)	Screening and counseling involve elicitation of information from men, woman, non-binary individuals and adolescents about current and past sexual encounters in a culturally sensitive and supportive manner.
Sexually Transmitted Disease Testing Chlamydial Infection	Chlamydial infection is the most common sexually transmitted bacterial infection in the United States. In women, genital chlamydial infection may result in urethritis, cervicitis, pelvic inflammatory disease, infertility, ectopic pregnancy and chronic pelvic pain. Chlamydial infection during pregnancy is related to adverse pregnancy outcomes, including miscarriage, premature rupture of membranes, preterm labor, low birth weight and infant mortality.
Gonorrhea	Women with asymptomatic gonorrhea infection have high morbidity due to pelvic inflammatory disease, ectopic pregnancy and chronic pelvic pain. Pregnant women with gonorrhea infection are at risk for preterm rupture of membranes, preterm labor and chorioamnionitis.

Preventive Service	Description
Adult/Adolescent Preventive Services <i>(Continued)</i>	
Sexually Transmitted Disease Testing <i>(Continued)</i>	
Syphilis	Screening tests can accurately detect syphilis infection and prescription antibiotics can cure syphilis.
Contraception	Access to all Food and Drug Administration approved contraceptive methods requiring a prescription, outpatient tubal ligation procedures, and patient education and counseling for reproductive capacity. No coverage for brochures or educational materials.
Breast Cancer Screening • 1 between ages 35-39 • 1 per Calendar year 40 years of age & older	1 screening mammography between ages 35 and 40 and then annually with or without clinical breast examination.
Medications for the Risk Reduction of Primary Breast Cancer in Women For asymptomatic women aged 35 years or older without a prior diagnosis of breast cancer, ductal carcinoma in situ, (DCIS) or lobular carcinoma in situ.	Clinicians should engage in shared, informed decision making with women who are at increased risk for breast cancer about medications to reduce their risk. For women who are at increased risk for breast cancer and at low risk for adverse medication effects, clinicians should offer to prescribe risk-reducing medications, such as tamoxifen or raloxifene.
Breast and Ovarian Cancer Susceptibility, Genetic Risk Assessment (BRCA)	Discussion on breast and ovarian cancer susceptibility includes genetic risk assessment and BRCA mutation testing based on family risk factors.
Osteoporosis Screening 1 every 2 years	Screening to measure bone mass for risk of osteoporosis for females once every 2 years.
Folic Acid	For women planning or capable of pregnancy to prevent neural tube defects; does not include over-the-counter prenatal or multi-vitamins with folic acid.
Gestational Diabetes Screening 24+ weeks pregnant	In pregnant women between 24 and 28 weeks of gestation and at the first prenatal visit for pregnant women identified to be at high risk for diabetes.
Breast Feeding Support	Lactation support and counseling visits are provided by a trained provider to ensure the successful initiation and duration of breast feeding.
Asymptomatic Bacteriuria 12-16 weeks pregnant	For pregnant women at 12 to 16 weeks gestation or at the first prenatal visit, or later to reduce the incidence of symptomatic maternal urinary tract infections and low birth weight.
Hepatitis B Screening (HBV)	Screen at the first prenatal visit to reduce perinatal transmission of HBV and the subsequent development of chronic HBV infection.
Iron Deficiency Anemia Screening	Iron deficiency anemia during pregnancy has been associated with increased risk for low birth weight, preterm delivery and perinatal mortality.
Rh Incompatibility	Screen for Rh(D) blood typing and antibody testing for pregnant women during their first visit for pregnancy-related care.
Low Dose Aspirin (81mg) When Prescribed	Use of low-dose aspirin (81 mg) as preventive medication after 12 weeks of gestation in women who are at high risk for preeclampsia.
Breast Pump 1 pump per pregnancy	1 breast feeding pump (manual or electric) allowed per pregnancy purchased through a participating Home Medical Equipment Supplier.
Healthy Weight and Weight Gain in Pregnancy: Behavioral Counseling Interventions	Recommendation that clinicians offer pregnant individuals effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.
Adult Aortic Aneurysm Screening 1 per lifetime age 65 and older	Once per lifetime screen for abdominal aortic aneurysm by ultrasonography in men ages 65 and older who have ever smoked.
Prostate Cancer Screening Per calendar year age 40 and older	Annual digital rectal examination and an annual prostate-specific antigen test for members age 40 and older.
Anxiety Screening	Recommend screening for anxiety disorders in adults, including pregnant and postpartum persons.
Genetic Counseling	Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing.

