



LIST OF PREVENTIVE CARE SERVICES COVERED AT 100% FOR NON-GRANDFATHERED GROUP PLANS

The Patient Protection and Affordable Care Act (PPACA) and the Health Care and Education Reconciliation Act of 2010 (HCERA) requires that certain plans provide each participant with preventive care services, medications, and immunizations. These preventive care benefits must be available to you at no charge (“no cost-sharing”).

Covered preventive care is based on recommendations from the U.S. Preventive Services Task Force (with an “A” or “B” rating), the Center for Disease Control and Prevention, and Health Resources and Services Administration. To assure that these recommendations are consistent with current medical research and evidence, these agencies review each of their recommendations on a rotating basis following a multi-tiered research plan, including public comment. Complete information for each recommendation is available on the agency’s website. Because recommendations are continually reviewed, what is covered as a preventive care service, medication, or immunization may change from time to time. The following are the currently recommended services.



IMPORTANT INFORMATION

When you plan to see your health care provider for your check-up, be sure to let your provider know that your appointment is for preventive care. Services must be billed with a primary diagnosis of preventive, screening, counseling, or wellness. Your provider has access to current diagnostic and procedure codes associated with these services for correct claims submission.

Services that would otherwise be “preventive”, but are received during an inpatient stay, an emergency room, or part of other diagnostic procedures or services, may be subject to a deductible, copay, or coinsurance. Services received as part of follow-up care after a preventive care service may not be covered at no charge.

If you have questions about whether a service will be covered as “preventive”, please call Member Services at the toll-free number listed on your medical ID card.

Services	Frequency/Comments
<p>Wellness Exam Recommended annually to obtain appropriate screenings and counseling.</p>	<p>Many preventive care services are covered only once per year, and multiple services may be combined into a single visit. If a recommendation calls for multiple visits or sessions, all of those services must be provided at no cost-sharing. Recommended screenings or counseling may require additional visits or contacts to complete.</p>
<p>Abdominal Aortic Aneurysm Screening for abdominal aortic aneurysm by ultrasonography in men ages 65-75 who have ever smoked.</p>	<p>One screening per lifetime.</p>
<p>Anxiety Disorders in Adults Screening for anxiety disorders in adults aged 64 or younger, including pregnant and postpartum persons.</p>	<p>Brief tools for screening for anxiety are available for evaluations in primary care. Anxiety may overlap with depression but not adequately treated.</p>
<p>Blood Pressure Screening for high blood pressure in adults aged 18 or older.</p>	<p>Recommends obtaining measurements outside of clinical setting for diagnostic confirmation before starting treatment.</p>
<p>Colorectal Cancer Screening for colorectal cancer in adults beginning at age 45 or older through stool-based tests for fecal occult blood testing, sigmoidoscopy, or colonoscopy.</p>	<p>Frequency varies based on the test, but generally 1 year for stool-based tests; 5 years for sigmoidoscopy; and 10 years for colonoscopy are recommended</p>
<p>Depression and Suicide Risk Screening for depression in the general adult population, including pregnant and postpartum women, as well as older adults.</p>	<p>Adequate systems should be in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.</p>
<p>Diabetes Screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese.</p>	<p>Recommend adults with prediabetes to effective preventive interventions.</p>
<p>Falls Prevention in Community-Dwelling Older Adults Exercise interventions to prevent falls in adults age 65 and older who are at increased risk.</p>	<p>Age is significantly related to risk of falls. Clinicians can identify older individuals who are at higher risk including other factors such as gait, mobility, and balance.</p>
<p>Healthy Diet and Physical Activity Intensive behavioral counseling interventions for adults with cardiovascular risk factors to promote a healthful diet and physical.</p>	<p>Preventive care services do not include gym memberships or personal trainers. Check with your employer to see if your company offers any discounts for these services.</p>
<p>Hepatitis B Screening for Hepatitis B (HBV) infection in adults at high risk for infection, including those who:</p> <ul style="list-style-type: none"> • Were born in countries where HBV is common; • Were US-born but not vaccinated as an infant and whose parents came from a country where HBV is common; • Have HIV or a weakened immune system; or • Are undergoing dialysis. 	<p>Other factors may increase the risk for HBV. Ask your health care provider if you might be at high risk.</p>
<p>Hepatitis C Screening for Hepatitis C virus [HCV] infection in adults aged 18 to 79 years.</p>	
<p>HIV (Human Immune-Deficiency Virus) Screening everyone ages 15-65 for HIV infection. Screening for teens younger than 15 and adults older than 65 if they are at increased risk for HIV infection.</p>	<p>Pre-exposure prophylaxis with antiretroviral therapy may be available to persons who are at high risk of HIV acquisition. See Preventive Medications.</p>
<p>Hypertension Screening for hypertension in adults 18 years or older with office blood pressure measurement.</p>	<p>Recommend testing outside of the clinician's office to confirm diagnosis before beginning treatment.</p>
<p>Lung Cancer Screening for lung cancer in adults aged 50 to 80 who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.</p>	
<p>Obesity in Adults Screen all adults for a body mass index (BMI) of 30kg/m² or higher and recommend intensive, multi-component behavioral interventions to those who are obese.</p>	<p>Recommend weight loss programs that have 12 or more sessions in a year that include a variety of activities and strategies to help people lose weight.</p>
<p>Sexually Transmitted Infections (STIs) Screening for all sexually active adults at increased risk for STIs.</p>	<p>Recommend behavioral counseling interventions of more than 120 minutes delivered over multiple sessions to achieve larger STI prevention effects.</p>

Services	Frequency/Comments
Syphilis Infection Screening for syphilis infection in persons who are at increased risk for infection.	
Tobacco Cessation Screening for tobacco use by all adults; encourage them to stop using tobacco; provide behavioral interventions and FDA-approved pharmacotherapy for cessation.	Recommend interventions of 8 or more sessions with 90-300 minutes total contact time. Check with your pharmacy benefits manager for tobacco cessation products covered by your plan.
Tuberculosis Screening for latent tuberculosis infection in adults older than 18 years who are at increased risk of tuberculosis exposure and infection.	People who were born in or have lived in countries with high rates of tuberculosis are at increased risk. For a list of countries with high tuberculosis rates, see http://www.stoptb.org/countries/tbdata.asp .
Unhealthy Alcohol Use Screening adults for unhealthy alcohol use and provide counseling to those who drink at a risky or hazardous level.	Multiple brief counseling sessions lasting about 10-15 minutes each are recommended.
Unhealthy Drug Use Screening adults for unhealthy drug use when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred.	

Services	Frequency/Comments
Well-Baby and Well-Child Exams Services at a well-child exam include history and physical exam; measurements of height, weight and body mass index (BMI). Other screenings and assessments are performed as recommended at various ages.	Infants should have a well-baby exam at frequent intervals from birth to age 3. Children from ages 3-18 should have a well-child exam every year. For a detailed schedule of recommended screenings, assessments, and immunizations for each age, see the Periodicity Schedule at https://brightfutures.aap.org .
Alcohol and Drug Use Assessment Screening all adolescent patients for alcohol use with a formal, validated screening tool at every health supervision visit and appropriate acute care visits for adolescents age 12 through 17.	American Academy of Pediatrics recommends using the "CRAFFT" screening tool for risk assessment.
Anemia Perform risk assessment or screening, as appropriate.	
Anxiety Disorders in Children and Adolescents Screening for anxiety disorders in children and adolescents aged 8 to 18 years.	Anxiety disorders in children are associated with increased likelihood of experiencing anxiety disorders or depression later in life. Collaborative care, cognitive behavioral therapy, and medication are common treatments.
Cardiovascular Health Ongoing risk assessment of all children for potential cardiovascular disease with a family history of early CVD; advising against tobacco exposure (parent or child); supporting nutritional diet; tracking height, weight, and BMI; and encouraging moderate-to-vigorous physical activity every day from age 5 https://www.nhlbi.nih.gov/sites/default/files/media/docs/peds_guidelines_sum-1.pdf .	Recommends annual blood pressure check beginning at age 3. If there is a family history of early CVD, then recommends universal lipid and fasting glucose testing at least once during each age group: 9-11; 12-17; and 18-21.
Critical Congenital Heart Disease Screening all newborns for critical congenital heart disease before leaving the hospital.	
Dental Caries Recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride. Clinicians should apply fluoride varnish to primary teeth of all infants and children from the appearance of the first primary tooth.	Dental caries prevention is two-fold: oral fluoride supplementation and fluoride varnish as appropriate. Dental caries is the most common chronic disease in children and causes unnecessary pain, impaired growth, and poor school performance.
Depression and Suicide Risk Screening for major depressive disorder (MDD) in adolescents aged 12 through 18 years old.	Collaborative, multicomponent, interventions linking primary care providers, patients, and mental health specialists are recommended.
Developmental/Behavioral Assessment Screening for age-appropriate developmental progress in children up to age 3. Subsequent age-appropriate psychosocial and behavioral assessments extend to all children and adolescents.	Developmental surveillance usually occurs at most well-child visits. Developmental and psychosocial issues for children and adolescents may require counseling and treatment visits apart from preventive care visits. Screening for autism in children ages 3 and younger who have no obvious signs or symptoms is neither recommended nor discouraged.

Services	Frequency/Comments
Hearing Screening Screening for hearing in all newborn infants; then screen hearing with audiometry once during each age group: 11-14; 15-17; and 18-21.	Newborn screening is typically performed in the birth facility or as part of a wellness office visit in the event of a home birth.
Height, Weight and Body Mass Index Measurements Measure and record at regular intervals during infancy and early childhood, then annually after age three.	Included in well-baby and well-child exams.
Hemoglobinopathies Screening for sickle cell disease in newborns.	Service is typically performed in the birth facility or as part of a wellness office visit in the event of a home birth.
Hepatitis B Screening for Hepatitis B (HBV) infection in adolescents who are at high risk, including adolescents who are: <ol style="list-style-type: none"> 1. from countries with 2% or more Hepatitis B prevalence; and 2. US-born adolescents not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence. 	Other factors may increase risk for HBV. Ask your health care provider if you might be at high risk.
HIV (Human Immune-Deficiency Virus) Screening of all adolescents ages 15 to 18 years and younger adolescents who are at increased risk for HIV infection.	Pre-exposure prophylaxis with antiretroviral therapy may be available to persons who are at high risk of HIV acquisition. See Preventive Medications.
Hypothyroidism Screening for low production of thyroid hormone in infants between 2 and 4 days of age.	Infants discharged before 48 hours of life should be tested immediately. In the event of a home birth, testing should occur as part of the next wellness office visit.
Interpersonal and Domestic Violence Screening for interpersonal and domestic violence, which includes physical violence, sexual violence, stalking and psychological aggression (including coercion), reproductive coercion, neglect, and threats of violence or abuse, or both.	Screening should occur at least annually regardless of whether the patient presents with any signs or symptoms of abuse. When needed, initial interventions are recommended, including referrals to counseling, education, harm reduction strategies, and referral to appropriate supportive services.
Obesity Screening of children aged 6 years and older for obesity.	Comprehensive, intensive behavioral interventions are recommended to promote a healthy diet and physical activity.
Phenylketonuria (PKU) Screening for PKU (a rare inherited disorder that affects processing of certain amino acids) in newborns.	Service is typically performed in the birth facility or as part of a wellness office visit in the event of a home birth.
Sexually Transmitted Infections (STIs) Screening of all sexually active adolescents who are at increased risk for STIs.	Recommend behavioral counseling interventions of more than 120 minutes delivered over multiple sessions to achieve larger STI prevention effects.
Skin Cancer Counseling young adults, adolescents, children, and parents of young children who have fair skin about minimizing their exposure to ultraviolet radiation to reduce risk for skin cancer.	
Syphilis Infection Screening for syphilis infection in adolescents who are at increased risk for infection.	
Tobacco Use Provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents.	
Tuberculin Test Screening for higher risk of tuberculosis infection at least once during each age group: 0-11 months; 1-4 years; 5-10 years; 11-14 years; 15-17 years. Testing should be performed upon recognition of risk factors.	
Visual Acuity in Children Screening all children at least once between the ages of 3 and 5 years to detect the presence of amblyopia or its risk factors.	
Well-Woman Exams Well-woman preventive care exams are available to adolescents that are age and developmentally appropriate.	See Women's Preventive Care for covered services.

Services	Frequency/Comments
<p>Well-Woman Exams Well-woman preventive care visits annually for adult women to obtain the recommended preventive services that are age and developmentally appropriate, including preconception care. This well-woman visit should, where appropriate, include other preventive services listed in this set of guidelines.</p>	Preventive care services may be combined in a single visit, but additional visits may be needed to obtain all recommended preventive services.
<p>Alcohol and Drug Use Assessment Screening pregnant women for unhealthy alcohol use and provide counseling to those who drink at a risky or hazardous level.</p>	Brief counseling sessions lasting about 10-15 minutes each are recommended.
<p>Anemia (Iron Deficiency) Test for anemia in asymptomatic pregnant women.</p>	
<p>Bacteriuria Screening for asymptomatic bacteriuria with urine culture for pregnant women at 12 to 16 weeks' gestation or at the first prenatal visit, if later.</p>	
<p>BRCA-Related Cancer: Genetic Counseling and Testing Women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer have an increased risk for deleterious mutations in BRCA1 or BRCA2 genes.</p>	Women with a positive risk assessment should receive genetic counseling and genetic testing. Breast cancer preventive medications may be appropriate.
<p>Breast Cancer [Mammography] Screening for women aged 50-74 every 2 years, with or without clinical breast examination.</p>	Preventive medications may be recommended if women are determined to be at risk.
<p>Breast-feeding Counseling, Supplies, and Counseling Comprehensive lactation (breast-feeding) support and counseling by a trained provider during pregnancy and/or in the postpartum period.</p>	Certain breast pumps for nursing mothers are covered through Preferred Providers.
<p>Cervical Cancer</p> <ul style="list-style-type: none"> • Women ages 21-65 (with cytology [pap smear] every 3 years) or • Women ages 30-65 (with only cytology [pap smear] with cytology and human papillomavirus [HPV] testing every 5 years) 	
<p>Chlamydia Screening for sexually active women age 24 years or younger and women 25 years or older who are at increased risk for infection.</p>	
<p>Contraceptive Care Contraceptive counseling, initiation of contraceptive use, and follow-up care, including management, evaluation, changes to and removal or discontinuation of the contraceptive method.</p>	All FDA-approved contraceptive methods, effective family planning practices and sterilization procedures are available as part of contraceptive care. Certain employers may be exempt from covering contraceptives because of their religious beliefs.
<p>Depression Screening for depression during pregnancy and postpartum for persons who are at increased risk of perinatal depression.</p>	Perinatal depression is linked to multiple negative outcomes for both mother and infant. Extensive counseling, educational and supportive interventions over an extended period prior to and following birth are recommended.
<p>Gestational Diabetes Screening for gestational diabetes in asymptomatic pregnant women after 24 weeks of gestation or later.</p>	Screening may occur earlier than 24 weeks of gestation in high-risk women.
<p>Gonorrhea Screening for sexually active women age 24 years or younger and women age 25 years or older who are at increased risk for infection.</p>	
<p>Healthy Weight and Weight Gain in Pregnancy Screening of pregnant persons health weight gain during pregnancy.</p>	Offer effective behavior counseling interventions for health weight gain or excessive gestational weight gain during pregnancy
<p>Hepatitis B Screen all pregnant women at first prenatal visit.</p>	
<p>HIV (Human Immune-Deficiency Virus) Screening for all women over age 18 to age 65 and older if at increased risk of infection.</p>	Pre-exposure prophylaxis with antiretroviral therapy may be available to persons who are at high risk of HIV acquisition. See Preventive Medications.

Services	Frequency/Comments
<p>Interpersonal and Domestic Violence Screening all women of childbearing age for interpersonal and domestic violence, which includes physical violence, sexual violence, stalking and psychological aggression (including coercion), reproductive coercion, neglect, and threats of violence or abuse, or both.</p>	Screening should occur at least annually regardless of whether the patient presents any signs or symptoms of abuse. When needed, initial interventions are recommended, including referrals to counseling, education, harm reduction strategies, and referral to appropriate supportive services.
<p>Osteoporosis (Bone Density) Screening for osteoporosis with bone measurement testing for all 1. women age 65 or older; and 2. women younger than 65 who are at increased risk.</p>	Testing to identify risk and prevent osteoporosis fractures.
<p>Perinatal Depression Screening for depression during pregnancy and postpartum for persons who are at increased risk of perinatal depression.</p>	Perinatal depression is linked to multiple negative outcomes for both mother and infant. Extensive counseling, educational and supportive interventions over an extended period prior to and following birth are recommended.
<p>Rh Incompatibility • Rh (D) blood typing and antibody testing for all pregnant women during their first pregnancy-related visit. • Repeated Rh (D) antibody testing for all unsensitized Rh (D)-negative women at 24-28 weeks gestation unless the biological father is known to be Rh (D)- negative.</p>	Initial testing is part of the obstetric panel.
<p>Sexually Transmitted Infections (STIs) Screening and behavioral counseling for all sexually active women who are at increased risk for STIs.</p>	Recommend behavioral counseling interventions of more than 120 minutes delivered over multiple sessions to achieve larger STI prevention effects.
<p>Surgical Sterilizations for Women with Reproductive Capacity Surgical sterilization for women wanting a permanent form of birth control.</p>	Contraceptive care does not include hysterectomy as a surgical sterilization.
<p>Syphilis Infection Screening for syphilis infection in all pregnant women.</p>	
<p>Tobacco Cessation Screening for tobacco use by pregnant women; encourage them to stop using tobacco; provide behavioral interventions and FDA-approved pharmacotherapy for cessation.</p>	Recommend interventions of 8 or more sessions with 90-300 minutes total contact time. Check with your pharmacy benefits manager for tobacco cessation products covered by your plan.

Medications	Frequency/Comments
To obtain over-the-counter and prescription preventive medications at no cost-sharing, you must obtain a written prescription from your physician. Some plans may require that you use only a network pharmacy. The formulary for preventive medications is subject to change. Contact the Prescription Drug network identified on your medical ID card for more information.	Contact the Prescription Drug network identified on your medical ID card for more information about covered medications and any other limitations.
<p>Aspirin for Prevention of Cardiovascular Disease in Adults Aspirin for the prevention of cardiovascular disease and colorectal cancer in adults ages 50-59 who: • Have a 10-year cardiovascular risk of 10% or greater; • Are not at increased risk for bleeding; • Have a life expectancy of at least 10 years; and • Are willing to take low-dose aspirin daily for at least 10 years.</p>	Over the counter (OTC) Aspirin (81mg) is available only with a written prescription.
<p>Aspirin to Prevent Preeclampsia and Related Morbidity and Mortality Recommends the use of low-dose aspirin (81 mg/d) as preventive medication after 12 weeks of gestation in women who are at high risk for preeclampsia.</p>	Over the counter (OTC) Aspirin (81mg) is available only with a written prescription.
<p>Breast Cancer Preventive Medications For women who are at increased risk for breast cancer and at low risk for adverse medication effects, risk-reducing medications such as tamoxifen and raloxifene may be prescribed.</p>	Contact Rx Member Services at the phone number listed on your medical ID card for more information about which medications are covered by your plan.
<p>Contraception/Birth Control Food and Drug Administration-approved contraceptive methods with a prescription from a health care provider for women with reproductive capacity.</p>	Certain employers may be exempt from covering contraceptives because of their religious beliefs.
<p>Fluoride Supplementation Oral fluoride supplementation at currently recommended doses to preschool children greater than 6 mo. of age whose primary water source is deficient in fluoride.</p>	Fluoride varnish may also be covered. Age limits may apply.

Medications	Frequency/Comments
<p>Folic Acid Supplementation For all women planning or capable of pregnancy to take a daily supplement containing 0.4 - 0.8 mg [400-600 mcg] of folic acid.</p>	Over-the-Counter (OTC) folic acid supplements are available only with a written prescription.
<p>Gonorrhea Prophylactic Medication Ocular topical medication for all newborns against gonococcal ophthalmia neonatorum.</p>	Medication is typically administered in the birth facility or as part of a wellness office visit in the event of a home birth.
<p>HIV Pre-Exposure Prophylaxis (PrEP) Recommends clinicians prescribe pre-exposure prophylaxis (PrEP) antiretroviral therapy to persons who are increased risk of HIV acquisition to decrease that risk.</p>	
<p>Immunizations</p>	See the list below of immunizations that are covered under preventive care services.
<p>Statins Low- to moderate-dose statins are recommended for adults ages 40-75 without a history of cardiovascular disease if they:</p> <ul style="list-style-type: none"> • Have one or more cardiovascular disease risk factors (dyslipidemia, diabetes, hypertension or smoking); and • Have a calculated 10-year risk of a cardiovascular event of 10% or greater. 	Statins are lipid-lowering medications that reduce the risk of having a CVD event. Statins are available only with a written prescription.
<p>Tobacco Cessation Over-the-counter medications include:</p> <ul style="list-style-type: none"> • Nicotine replacement gum, lozenges, or patches <p>Prescription only for the following drugs:</p> <ul style="list-style-type: none"> • Bupropion • Chantix • Nicotine nasal spray • Nicotine inhaler 	Over-the-counter tobacco cessation products may require a written prescription to be covered.

Immunizations for Children from Birth to Age 18	Frequency/Comments
<ul style="list-style-type: none"> • COVID-19 • Diphtheria, tetanus, and pertussis • Haemophilus Influenza Type B (Hib) • Hepatitis A • Hepatitis B • Human Papillomavirus (HPV) • Inactivated Poliovirus (IPV) • Influenza (Flu) • Measles, Mumps, Rubella (MMR) • Meningococcal • Pneumococcal conjugate • Pneumococcal polysaccharide • Rotavirus • Varicella (Chicken Pox) 	Doses, recommended ages, and recommended populations vary. All recommended routine immunizations will be allowed with no cost-sharing.
Immunizations for Adults	Frequency/Comments
<ul style="list-style-type: none"> • COVID-19 • Diphtheria, tetanus, and pertussis • Haemophilus Influenza Type B (Hib) • Hepatitis A • Hepatitis B • Human Papillomavirus (HPV) • Influenza (Flu) • Measles, Mumps, Rubella (MMR) • Meningococcal • Pneumococcal conjugate • Pneumococcal polysaccharide • Varicella (Chickenpox) • Zoster recombinant (Shingles vaccine for ages 50 and over) 	Doses, recommended ages and populations vary. All recommended routine immunizations will be allowed with no cost-sharing.
<p><i>For Adult Immunization Schedules, refer to the CDC at https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf</i></p>	