

Preventive Care Benefits and Services



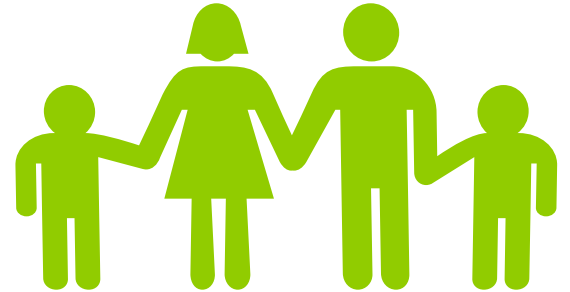
Preventive care is one of the most important steps you can take to manage your health. Routine preventive care can identify and address risk factors before they lead to illness. When you prevent illness, it helps reduce your healthcare costs. You should work with your doctors to help you follow these guidelines and address your specific health concerns.

Child Preventive Care (Birth to Age 21)

- Preventive Physical Exams
- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Blood pressure screening
- Cholesterol & lipid level screening
- Dental cavities prevention including application of fluoride varnish on all primary teeth
- Depression screening
- Developmental & psycho-social behavioral assessments
- Hearing screening for newborns
- Lead exposure screening
- Newborn gonorrhea prophylaxis
- Newborn screenings, including sickle cell anemia
- Screening & behavioral counseling related to tobacco & drug use
- Screening & counseling for obesity
- Screening & counseling for sexually transmitted infections
- Screenings for heritable diseases in newborns
- Tuberculosis screening
- Vision screening
- Hepatitis B screening if at high risk for infections

Child Immunizations

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenza type B
- Hepatitis A & B
- Human Papilloma Virus
- Influenza (flu shot)
- Measles, Mumps Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Polio
- Rotavirus
- Varicella (chicken pox)



Adult Preventive Care (Age 21 and older)

- Preventive Physical Exam
- Abdominal aortic aneurysm screening
- Blood pressure screening
- Cholesterol & lipid level screening
- Colorectal cancer screening including fecal occult blood test, flexible sigmoidoscopy or colonoscopy
- Depression screening
- Diabetes screening
- Hepatitis B screening if at high risk for infections
- Hepatitis C screening if at high risk for (or one-time screening for adults born 1945 to 1965)
- HIV screening
- Screening & counseling for sexually transmitted infections
- Screening for lung cancer
- Tuberculosis Screening

Counseling and Education Interventions

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Counseling related to aspirin use for the prevention of cardiovascular disease
- Prevention of falls in older adults
- Screening & behavioral counseling related to alcohol abuse
- Screening & behavioral counseling related to tobacco abuse
- Screening & nutritional counseling for obesity

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Adult Immunizations

- Hepatitis A & B
- Herpes Zoster (shingles)
- Human Papilloma Virus
- Influenza (flu shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Tetanus, Diphtheria, Pertussis

Prescription Drugs

- Aspirin
- Colonoscopy preparations
- Fluoride
- Folic Acid
- Medication to reduce the risk of primary breast cancer in women
- Smoking cessation aids
- Ferrous Sulfate Drops
- Statin Therapy
- Contraceptives

Women's Services

- Breast & ovarian cancer susceptibility screening, counseling & testing (including BRCA* testing)
- Breast cancer screening (Mammogram)
- Breastfeeding counseling & rental of breast pumps & supplies up to the purchase price
- Bone density test to screen for osteoporosis
- Cervical cancer screening (Pap test)
- Chlamydia screening
- Discussion of chemoprevention with women at high risk for breast cancer
- FDA-approved contraception methods and counseling for women, including sterilization
- HPV DNA Testing
- Lactation classes
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, gonorrhea, chlamydia, iron deficiency anemia, alcohol misuse, tobacco use, HIV, gestational diabetes)
- Prenatal care
- Screening & counseling for interpersonal & domestic violence
- Well women visits

The screenings and immunizations listed in this summary include services required by healthcare reform (the Patient Protection and Affordable Care Act). For plan years beginning on or after September 23, 2010, non-grandfathered health plans must cover these routine immunizations and other services that are recommended by the United States Preventative Services Task Force A or B, and by other organizations such as Bright Futures, endorsed by the American Academy of Pediatrics. Please note: Some services and products may be subject to age, gender or other restrictions and are subject to change. Refer to USPreventativeServicesTaskForce.org or Healthcare.org for details. In addition, some prescription drugs or services may be subject to medical management techniques, such as prior authorization, quantity limits, etc.

If these services are performed by a network provider, members cannot be charged a coinsurance or deductible. Out-of-network charges may apply if the services are performed by a non-network provider.

*All genetic testing, including BRCA testing, requires prior authorization.