

Get to know your preventive care services benefit



To help you maintain or improve your health, it's a good idea to get the preventive care services and health screenings you need based on your age. So you can help achieve your health and wellness goals.

Most health plans typically cover preventive services at 100% as long as you stay in your health plan network.



Always refer to your plan document for your specific coverage.

All members

Preventive medicine for adults¹ includes all standard immunizations recommended by the Centers for Disease Control and Prevention (CDC).

All members may get these screenings based on their age and/or risk status

- Alcohol abuse
- Cardiovascular disease with aspirin use counseling for ages 45+
- Certain sexually transmitted diseases, including Human Immunodeficiency Virus (HIV)
- Cholesterol level and lipids
- Colorectal cancer¹ for ages 45-plus
- Depression
- Diet and nutrition
- Hepatitis C
- High blood pressure
- Latent tuberculosis infection
- Lung cancer
- Obesity
- Pre-diabetes and diabetes for certain populations
- Prevention of (HIV) infection: pre-exposure prophylaxis
- Preventive skin cancer check for young adults up to age 24
- Tobacco use
- Well exam

¹ Certain preventive care services are not currently required to be covered by the health reform law; however, various additional services may be covered under your preventive care services benefit.

Men's health services

Screening for abdominal aortic aneurysm for men 65-75 years old who have ever smoked.

Women's health services

- Pregnancy and postpartum support and screenings for:
 - Bacteria in urine
 - Breast-feeding support and supplies, including rental or purchase of specified breast-feeding equipment from an approved vendor and counseling
 - Counseling for pregnant and postpartum patients who are at increased risk of perinatal depression
 - Gestational diabetes
 - Healthy weight and weight gain during pregnancy
 - Hepatitis B virus
 - Rh incompatibility
- Breast cancer genetic test evaluation and counseling (BRCA)
- Cervical cancer screening, including Pap smears
- Contraception methods and counseling
- Counseling for cancer prevention strategies for women at high risk for breast cancer
- Counseling for obesity prevention in midlife women
- Domestic violence screening
- HIV screening and counseling
- Human papillomavirus testing (beginning at age 30)
- Osteoporosis for certain populations
- Screening for anxiety
- Screening for certain sexually transmitted diseases, including HIV, chlamydia and gonorrhea
- Screening for urinary incontinence
- Screening mammography (film and digital) for all adult women
- Sexually transmitted infections counseling
- Yearly well-women visits

Children's health services

Services at each preventive visit will vary by age and include some of the following:

- Anxiety screening
- Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- Fluoride application in primary care
- Head size measurement
- Hearing and vision screening
- Length/height and weight measurement
- Metabolic screening panel for newborns – age 0-90 days old
- Nutrition and exercise counseling
- Oral health counseling
- Preventive skin cancer screening
- Age-appropriate immunizations
- Psychological and behavioral development assessment
- Risk assessment and ECG screening, if appropriate
- Screening blood tests, if appropriate
- Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more



Talk with your health care provider to help you make the right care decisions for your health.