



## Covered Preventative Care Services

In order to prevent illness and disease, as well as minimizing health care costs, all Health+ plans, including the Minimum Essential Coverage (MEC) plans, cover a list of preventative services at no out-of-pocket cost to members. That means no copayments, coinsurance or deductibles. This applies only when these services are delivered by an in-network provider.

### Preventative Care Services covered 100% include:

#### Adults

1. **Abdominal Aortic Aneurysm** one-time screening for men of specified ages who have ever smoked
2. **Alcohol Misuse** screening and counseling
3. **Aspirin** use to prevent cardiovascular disease for men and women of certain ages
4. **Blood Pressure** screening for all adults
5. **Cholesterol** screening for adults of certain ages or at higher risk
6. **Colorectal Cancer** screening for adults over 50
7. **Depression** screening for adults
8. **Diabetes (Type 2)** screening for adults with high blood pressure
9. **Diet** counseling for adults at higher risk for chronic disease
10. **HIV** screening for everyone ages 15 to 65, and other ages at increased risk
11. **Immunization** vaccines for adults (Hepatitis A & B, Herpes Zoster, Human Papillomavirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella)
12. **Obesity** screening and counseling for all adults
13. **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk
14. **Syphilis** screening for all adults at higher risk
15. **Tobacco Use** screening for all adults and cessation interventions for tobacco users
16. **Lung cancer** screenings for adults age 55-80 with a 30 pack per year smoking history and who currently smoke or quit within the past 15 years.

Women, including pregnant women

1. **Anemia** screening on a routine basis for pregnant women
2. **Breast Cancer Genetic Test Counseling (BRCA)** risk assessment and genetic testing for women who have family members with breast, ovarian, tubal, or peritoneal cancer.
3. **Breast Cancer Mammography** screenings every 1 to 2 years for women over 40
4. **Breast Cancer Chemoprevention** counseling for women at higher risk
5. **Breast cancer risk-reducing medications**, such as tamoxifen or ralozifene, for women who are at increased risk for breast cancer
6. **Breastfeeding** comprehensive support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
7. **Cervical Cancer** screening for sexually active women
8. **Chlamydia** Infection screening for younger women and other women at higher risk
9. **Contraception:** Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt “religious employers.”
10. **Domestic and interpersonal violence** screening and counseling for all women
11. **Folic Acid supplements** for women who may become pregnant
12. **Gestational diabetes** screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
13. **Gonorrhea** screening for all women at higher risk
14. **Hepatitis B** screening for pregnant women at their first prenatal visit
15. **HIV** screening and counseling for sexually active women
16. **Human Papillomavirus (HPV) DNA Test** every 3 years for women with normal cytology results who are 30 or older
17. **Osteoporosis** screening for women over age 60 depending on risk factors
18. **Rh Incompatibility** screening for all pregnant women and follow-up testing for women at higher risk
19. **Sexually Transmitted Infections** counseling for sexually active women
20. **Syphilis** screening for all pregnant women or other women at increased risk
21. **Tobacco** Use screening and interventions for all women, and expanded counseling for pregnant tobacco users
22. **Urinary tract** or other infection screening for pregnant women
23. **Well-woman visits** to get recommended services for women under 65
24. BRCA risk assessment and genetic testing for women who have family members with breast, ovarian, tubal, or peritoneal cancer.

## Children

1. **Alcohol and Drug Use** assessments for adolescents
2. **Autism** screening for children at 18 and 24 months
3. **Behavioral assessments** for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
4. **Blood Pressure** screening for children at the following ages: 0 to 11 months, 1 to 4 years , 5 to 10 years, 11 to 14 years, 15 to 17 years.
5. **Cervical Dysplasia** screening for sexually active females
6. **Depression** screening for adolescents
7. **Developmental** screening for children under age 3
8. **Dyslipidemia** screening for children at higher risk of lipid disorders at the following ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
9. **Fluoride Chemoprevention** supplements for children without fluoride in their water source
10. **Gonorrhea** preventive medication for the eyes of all newborns
11. **Hearing** screening for all newborns
12. **Height, Weight and Body Mass Index** measurements for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
13. **Hematocrit or Hemoglobin** screening for children
14. **Hemoglobinopathies or sickle cell** screening for newborns
15. **HIV** screening for adolescents at higher risk
16. **Hypothyroidism** screening for newborns
  - **Immunization** vaccines for children from birth to age 18 (Diphtheria, Tetanus, Pertussis, Haemophilus influenzae type b, Hepatitis A, Hepatitis B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Meningococcal, Pneumococcal, Rotavirus, Varicella)
17. **Iron supplements** for children ages 6 to 12 months at risk for anemia
18. **Lead** screening for children at risk of exposure
19. **Medical History** for all children throughout development at the following ages: 0 to 11 months, 1 to 4 years , 5 to 10 years , 11 to 14 years , 15 to 17 years.
20. **Obesity** screening and counseling
21. **Oral Health risk** assessment for young children Ages: 0 to 11 months, 1 to 4 years, 5 to 10 years.
22. **Phenylketonuria (PKU)** screening for this genetic disorder in newborns
23. **Sexually Transmitted Infection (STI)** prevention counseling and screening for adolescents at higher risk
24. **Tuberculin** testing for children at higher risk of tuberculosis at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.

25. **Vision** screening for all children.