



Manage Your Health with Preventive Care

Preventive care is routine health care that focuses on maintaining your health and preventing disease. This can include annual physical examinations, screenings and immunizations designed to prevent illness, disease and health-related problems before you have any symptoms.

Non-grandfathered plans subject to the Affordable Care Act (ACA) are required to cover certain preventive services without cost-sharing (such as deductibles, coinsurance or copayments) as long as those services are provided by in-network doctors. Certain non-preventive services or supplies provided at the time of a preventive care office visit may still be subject to deductibles etc.

The following lists include information on services that are considered preventive care under the ACA. Some services may be covered under your medical plan, and others may be covered under your prescription drug plan. For specific coverage information, refer to the terms of your Plan Document.

Preventive Care Services for Adults

Abdominal Aortic Aneurysm Screening	Men ages 65 to 75 years who have ever smoked
Alcohol Misuse Screening and Counseling	Adults age 18 years or older
Aspirin to prevent cardiovascular disease	Men ages 45-79 years; Women ages 55-79 years
Blood Pressure Screening	Adults age 18 years or older
Colorectal Cancer Screening	Adults ages 50 to 75 years
Depression Screening	All adults
Diabetes screening	Adults aged 40 to 70 years who are overweight or obese
Prevention of Falls Including Physical Therapy and Vitamin D Supplement	Adults age 65 years and older in community dwellings
Healthy Diet Counseling	Adults at higher risk for diet related chronic diseases
Hepatitis B Screening	Adults at high risk for infection
Hepatitis C Screening	Adults at high risk. Also a one-time screening for adults born between 1945 and 1965
HIV Screening	Adolescents and Adults ages 15 to 65 years and those at increased risk

Immunizations (<i>recommended ages and populations may vary</i>)	Hepatitis A Hepatitis B Herpes Zoster/Shingles Human Papillomavirus Influenza (Flu Shot) Measles, Mumps, Rubella Meningococcal Pneumococcal Tetanus, Diphtheria, Pertussis Varicella
Latent Tuberculosis Infection Screening	Adults at increased risk
Lung Cancer Screening	Adults age 55-80 who have a 30 pack per year smoking history and who currently smoke or who have quit within the past 15 years
Obesity Screening and Counseling	Screening for all adults, with referral to intensive, multicomponent behavioral interventions for those with a BMI of 30 kg/m ²
Prostate Cancer Screening	Men age 40 and older
Sexually Transmitted Infections Counseling	Adults at increased risk
Statin Use For Prevention of Cardiovascular Disease	Adults Age 40-75 with no history of CVD, one or more risk factors and a calculated 10-year CVD event risk of 10% or higher.
Syphilis Screening	Adults at increased risk
Tobacco use Cessation	Screening for all adults, and behavioral interventions and FDA approved cessation products for adults who use tobacco

Additional Preventive Health Services for Women

Anemia Screening	Women during pregnancy
Bacteriuria (Urinary Tract Infection) Screening	Pregnant women at 12 to 16 weeks' gestation or at first prenatal visit, if later.
BCRA Screening and Counseling	Women at increased risk for breast cancer; includes genetic testing if deemed appropriate by treating physician.
Breast Cancer Mammography Screening	Women age 40 and older, every 1-2 years
Breast Cancer Preventive Medication Counseling	Women at increased risk for breast cancer
Breastfeeding Support, Counseling and Supplies*	Women during pregnancy and after birth
Cervical Cancer Screening	Women ages 21 to 65 years with cytology (Pap smear) every 3 years, or for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years.

Chlamydia Infection Screening	Sexually active women under age 24 and older women at higher risk.
Contraceptive Counseling, Products and Services †‡	Women with reproductive capacity
Folic Acid Supplementation	Women who may become pregnant
Gestational Diabetes Screening	Women who are 24 to 28 weeks pregnant and those at high risk
Gonorrhea Screening	Sexually active women age 24 and younger and older women at higher risk
Hepatitis B Screening	Pregnant women at their first prenatal visit
HIV Screening and Counseling	Counseling and screening for all sexually active women; Screening for all pregnant women, including those who present in labor who are untested and whose HIV status is unknown.
Human Papillomavirus (HPV) Test	High-risk human papillomavirus DNA testing in women with normal cytology (pap smear) results, every 3 years for women who are 30 or older.
Intimate Partner Violence Screening and Counseling	Women of childbearing age
Osteoporosis Screening	Women over age 65, and younger women at higher risk
Preeclampsia Prevention: Low Dose Aspirin	Pregnant women who are at high risk
Preeclampsia Screening	Pregnant women throughout pregnancy
Rh Incompatibility Screening	Pregnant women, with follow-up testing for women at higher risk
Sexually Transmitted Infection Counseling	All sexually active women, annually.
Tobacco Use Cessation and Counseling	Screening for pregnant women, with expanded counseling and behavioral interventions for cessation for pregnant tobacco users.
Syphilis Screening	All pregnant women or other women at increased risk
Well-Woman Visits	Annually, for adult women to obtain preventive services that are age and developmentally appropriate, including preconception and prenatal care.

**Subject to the terms of your plan's coverage, a prescription may be required for equipment and supplies and you may be required to obtain them through in-network providers. Precertification may be required for certain types of equipment.*

†Subject to the terms of your plan's coverage, cost sharing may be applied for brand name contraceptive products where generic alternatives are available. In order for certain medications and products, including over-the-counter medications, to be covered, a prescription from your physician may be required.

‡These guidelines do not apply with respect to group health plans maintained or established by Objecting Organizations. See Federal Register Notice: [Religious Exemptions and Accommodations for Coverage of Certain Preventive Services under the Affordable Care Act.](#)

Preventive Health Services for Children

Alcohol and Drug Use Assessments	Adolescents
Anemia Screening	Children through age 21
Autism Screening	Children at intervals though 30 months
Behavioral Assessments	Children and adolescents at intervals through age 21
Blood Pressure Screening	Children and adolescents at intervals through age 17
Depression screening	Adolescents ages 12-21 years
Developmental Screening	Children under age 3 years
Dyslipidemia Screening	Children at high risk for lipid disorders at intervals through age 17
Fluoride Supplements	Children age 0 to 6 years
Gonorrhea Preventive Medication	Newborns
Hearing Tests	Children at intervals through age 21
Height, Weight and BMI measurements	Children and adolescents at intervals through age 17
Hematocrit or Hemoglobin Screening	Children at age 12 months
HIV Screening	Adolescents at increased risk
Iron Supplementation	Children ages 6 to 12 months who are at increased risk of iron deficiency
Immunizations	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B Hepatitis A Hepatitis B Human Papillomavirus Inactivated Poliovirus Influenza (Flu Shot) Measles, Mumps, Rubella Meningococcal Pneumococcal Rotavirus Varicella Poliovirus
Lead Screening	Children at risk of exposure to lead
Newborn Screenings	Hearing Screening Hypothyroidism Screening Phynylketonuria Screening Sickle Cell Screening
Obesity Screening and Counseling	Children ages 6 years and older
Oral Health Risk Assessment	Children at intervals through age 10
Sexually Transmitted Infections Counseling and Screening	Sexually active adolescents

Skin Cancer Behavioral Counseling	Children/adolescents/young adults ages 10 to 24 years who are at risk
Interventions to Prevent Tobacco Use	School Age Children and Adolescents
Tuberculosis (TB) Testing	Children and adolescents at increased risk at intervals through age 17
Vision Screening	Children between the ages of 3 and 5 years, at least once

These preventive health services guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices (ACIP) for immunizations, and evidence-informed preventive care and screening guidelines supported by the Health Resources and Services Administration (HRSA) for infants, children, and adolescents and for women. For ACA compliance purposes, this list may not be comprehensive, and as new guidelines and recommendations are issued, new services will be required to be covered. Always discuss your particular preventive care needs with your physician.