

# Covered Preventive Services



**Please bring this list to your provider** to see what services you qualify for. The following preventive services are provided at no cost to you when delivered by an in-network provider. These guidelines are based on the U.S. Preventive Services Task Force A and B recommendations. They may not apply for grandfathered plans or Medicare Supplement policies.

## ALL ADULTS 18 YEARS AND OLDER

- Aspirin for adults 50 to 59 years of age with a 10% or higher 10-year cardiac risk
- Blood pressure screening for all adults
- Cholesterol preventive medication (low to moderate dose statins) to prevent heart events in adults 40 to 75 years of age with one or more risk factors and a 10% or higher 10-year cardiac risk
- Cholesterol screening in adults 40 to 75 years of age (covered annually with screening diagnosis)
- Colorectal cancer screening (including bowel prep) beginning at age 45 and continuing until age 75
  - Cologuard (once every 3 years with covered preventive diagnosis)
  - Colonoscopy (once every 10 years)
  - CT colonography (once every 5 years)
  - Fecal occult blood test (annually)
  - Flexible sigmoidoscopy (once every 5 years)
- Depression screening for adults
- Diabetes and prediabetes screening in adults (covered annually with a screening diagnosis)
- Diet and exercise counseling in adults who are overweight or obese and have heart disease risks
- Fall prevention in adults 65 years of age and older who are at increased risk of falls (with exercise intervention)
- Hepatitis B screening in adults at high risk of infection
- Hepatitis C screening (one time) in all adults
- Human immunodeficiency screening in adults up to 65 years of age and those at high risk of infection (covered annually)
- Human immunodeficiency virus pre-exposure prophylaxis in adults not currently infected with HIV who are at high risk of acquiring HIV infection
- Immunizations recommended by the Centers for Disease Control and Prevention, including:
  - COVID-19
  - HPV (3 doses per lifetime, 9-45 years of age)
  - Influenza (annually)
  - Meningococcal
  - Pneumococcal
  - Tdap or Td
  - Zoster (2 doses, 50 years of age and older)
- Lung cancer screening in adults 50 to 80 years of age with a 20 pack-year smoking history who currently smoke or have quit within the past 15 years
- Obesity screening and counseling in adults
- Sexually transmitted infection counseling in adults who are at risk
- Skin cancer counseling in adults up to 24 years of age who have fair skin to reduce their risk of skin cancer
- Syphilis screening for adults at high risk of infection (covered annually)
- Tobacco use counseling and interventions in all adults
- Tuberculosis screening in those at high risk of infection
- Unhealthy alcohol and drug use screening and counseling in adults at risk
- Well care visits (covered annually with a screening diagnosis)

## ADULT MALES

- Abdominal aortic aneurysm screening (one time) for men 65 to 75 years of age who have ever smoked
- Prostate cancer screening (covered annually for men 45-49 years of age for high risk diagnosis, covered annually for those 50 years of age and older with screening diagnosis)

## CHILDREN AND ADOLESCENTS

- Anemia screening in children 0 to 12 months of age
- Autism screening in children 18 and 24 months of age
- Behavioral assessments, periodically, in children 0 to 17 years of age
- Bilirubin screening for all newborns
- Blood pressure screening, periodically
- Cholesterol screening in children at higher cardiac risk
- Congenital heart defect screening (by pulse oximetry) in all newborns
- Depression screening in children 12 to 17 years of age
- Developmental screening in children 0 to 30 months of age
- Fluoride supplements for children 6 months to 5 years of age whose water supply lacks fluoride
- Fluoride varnish to the primary teeth in primary care or dental practices
- Gonorrhea prevention by application of eye topical medication for all newborns
- Hearing screening for all newborns and adolescents (limitations apply)
- Hepatitis B screening in children at high risk of infection
- Human immunodeficiency screening in children 15 years of age and older and those at high risk of infection (covered annually)
- Immunizations recommended by the Centers for Disease Control and Prevention, including:
  - COVID-19
  - DTaP, Tdap, or Td
  - Haemophilus influenza B (HIB)
  - Hepatitis A
  - Hepatitis B
  - HPV (3 doses per lifetime, 9-45 years of age)
  - Influenza (annually)
  - Meningococcal
  - MMR
  - Pneumococcal
  - Polio (IPV)
  - Rotavirus (3 doses, prior to age 1)
  - Varicella (2 doses per lifetime)
- Lead screening for children at risk of exposure
- Newborn blood screening (including hypothyroidism, PKU, sickle cell disease and spinal muscular atrophy) in all newborns
- Obesity screening and counseling for children 6 years of age and older
- Sexually transmitted infection screening and counseling in adolescents who are at risk
- Skin cancer counseling in children and adolescents who have fair skin to reduce their risk of skin cancer
- Tobacco use counseling and interventions, including education, in all school-aged children and adolescents

- Tuberculosis screening for children at high risk of infection
- Unhealthy alcohol and drug use screening and counseling in adolescents who are at risk
- Vision screening (one time) for all children between 3 to 5 years of age
- Well child visits (covered at 3-5 days old, 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months and then annually at 3 years of age and older with screening diagnosis)

## ADULT FEMALES INCLUDING PREGNANT WOMEN

- Aspirin for women who are 12 weeks gestation or more who are at risk of preeclampsia
- Bacteriuria screening for pregnant women 12 to 16 weeks gestation or at first prenatal visit
- Blood pressure checks throughout pregnancy to screen for preeclampsia
- BRCA risk assessment in women with a personal or family history of breast, ovarian, tubal or peritoneal cancer or ancestry associated with BRCA1/2 gene mutations
- Breast cancer preventive medications for those who are at increased risk of breast cancer
- Breast cancer screening mammography (covered once between 35-39 years of age for baseline, covered annually for women 40 years of age and older)
- Breastfeeding counseling and intervention during pregnancy and after birth
- Cervical cancer screening every 3 years in women 21 to 65 years of age, including human papillomavirus testing starting at age 30
- Chlamydia infection screening in women 24 years of age and younger and older women at increased risk (covered annually)
- Contraceptive methods approved by the Food and Drug Administration for females, including education and counseling
- Depression risk assessment in pregnant and postpartum women
- Folic acid supplementation (0.4 to 0.8 mg) in women who plan on or are capable of becoming pregnant
- Gestational diabetes screening in pregnant women after 24 weeks of gestation
- Gonorrhea screening in all sexually active women 24 years of age or younger and older women who are at risk (covered annually)
- Healthy weight gain counseling and interventions in pregnant women
- Hepatitis B screening in pregnant women at their first prenatal visit
- Human immunodeficiency screening in all pregnant women
- Intimate partner violence screening in women of childbearing age
- Osteoporosis screening in women (once, 50 years and older)
- Rh incompatibility screening for pregnant women during their first pregnancy-related visit and at 24 to 28 weeks in women who are Rh negative
- Syphilis screening for all pregnant women
- Tobacco use counseling and interventions in pregnant women
- Well women exam (covered annually, including pap smear, with screening diagnosis)