Child and Adult Preventive Care Services

Adult and Child Preventive Care Services will meet the requirements as determined by federal and state law. Covered preventive care services provided by a Participating Provider are payable at 100% with no Deductible, Copayment or Coinsurance.

These services fall under four broad categories as shown below. These listings will be updated as required by federal or state law.

1. Services with an “A” or “B” rating from the United States Preventive Services Task Force.

   - **Screening for abdominal aortic aneurysm** - a one-time screening for abdominal aortic aneurysm (AAA) by ultrasonography in men age 65 to 75, who have smoked.
   - **Screening and counseling to reduce alcohol misuse** - screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women, in primary care settings.
   - **Aspirin to prevent CVD: men** - the use of aspirin for men age 45 to 79 years, when the potential benefit due to a reduction in myocardial infarctions outweighs the potential harm due to an increase in gastrointestinal hemorrhage.
   - **Aspirin to prevent CVD: women** - the use of aspirin for women age 55 to 79 years, when the potential benefit of a reduction in ischemic strokes outweighs the potential harm of an increase in gastrointestinal hemorrhage.
   - **Screening for bacteriuria** - screening for asymptomatic bacteriuria with urine culture for pregnant women at the later of 12 to 16 weeks’ gestation or at the first prenatal visit.
   - **Screening for high blood pressure** - screening for high blood pressure in adults age 18 and older.
   - **Counseling related to BRCA screening** - women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes, who are referred for genetic counseling and evaluation for BRCA testing.
   - **Screening for breast cancer (mammography)** - annual low-dose mammography for women, with or without clinical breast examination (CBE), for women age 35 and older. Low-dose mammography means the X-ray examination of the breast using equipment dedicated specifically for mammography, including an X-ray tube, filter, compression devise, screens, films and cassettes, with an average radiation exposure delivery of less than one rad mid-breast, with two views for each breast.
   - **Chemoprevention of breast cancer** - clinicians discussion of chemoprevention with women at high risk for breast cancer and at low risk for adverse effects of chemoprevention.
   - **Interventions to support breast feeding** - interventions during pregnancy and after birth to promote and support breast feeding.
   - **Screening for Human Papillomavirus and cervical cancer (Pap Smear)** - diagnostic examination for early detection of cervical cancer, including the provider’s charge for administration of the test, for any covered female age 18 or older, not to exceed one per calendar year for: a conventional Pap smear screening or a screening using liquid-based cytology methods, as approved by the United States Food and Drug Administration (FDA), alone or in combination with a test approved by the FDA for the detection of the human
papillomavirus. A screening test must be performed in accordance with the guidelines adopted by the American College of Obstetricians and Gynecologists or another similar national organization of medical professionals recognized by the Insurance Commissioner.

- **Screening for chlamydial infection: non-pregnant women** - screening for chlamydial infection for all sexually active non-pregnant women age 24 and younger and for older non-pregnant women who are at increased risk.

- **Screening for chlamydial infection: pregnant women** - screening for chlamydial infection for all pregnant women age 24 and younger and for older pregnant women who are at increased risk.

- **Screening for cholesterol abnormalities: men 35 and older** - screening for men age 35 and older for lipid disorders.

- **Screening for cholesterol abnormalities: men younger 35** - screening for men age 20 to 35 for lipid disorders if they are at increased risk for coronary heart disease.

- **Screening for cholesterol abnormalities: women 45 and older** - screening for women age 45 and older for lipid disorders if they are at increased risk for coronary heart disease.

- **Screening for cholesterol abnormalities: women younger than 45** - screening for women age 20 to 45 for lipid disorders if they are at increased risk for coronary heart disease.

- **Screening for colorectal cancer** - screening for detection of colorectal cancer for an Insured Person at least 50 years of age and at normal risk for developing cancer, limited to: an annual fecal occult blood test and a flexible sigmoidoscopy once every five years; or a colonoscopy once every ten years.

- **Chemoprevention of dental caries** - primary care clinicians prescription for oral fluoride supplementation at currently recommended doses to preschool children older than 6 months of age whose primary water source is deficient in fluoride.

- **Screening for depression: adults** - screening of adults for depression when staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and follow-up.

- **Screening for depression: adolescents** - screening of adolescents (12 to 18 years of age) for major depressive disorder (MDD) when systems are in place to ensure accurate diagnosis, psychotherapy (cognitive-behavioral or interpersonal), and follow-up.

- **Screening for diabetes** - screening for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.

- **Counseling for a healthy diet** - intensive behavioral dietary counseling for adult patients with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease. Intensive counseling can be delivered by primary care clinicians or by referral to other specialists, such as nutritionists or dietitians.

- **Supplementation with folic acid** - a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid for all women planning on or capable of pregnancy.

- **Screening for gonorrhea: women** – screening for all sexually active women, including those who are pregnant, for gonorrhea infection if they are at increased risk for infection (that is, if they are young or have other individual or population risk factors).

- **Prophylactic medication for gonorrhea: newborns** - prophylactic ocular topical medication for all newborns against gonococcal ophthalmia neonatorum.
- **Screening for hearing loss** - screening test for hearing loss for a child from birth through the date the child is 30 days old; and Medically Necessary diagnostic follow-up care to the screening test for a child from birth through the date the child is 24 months old.

- **Screening for hemoglobinopathies** - screening for sickle cell disease in newborns.

- **Screening for hepatitis B** - screening for hepatitis B virus (HBV) infection in pregnant women at their first prenatal visit.

- **Screening for hepatitis C** - screening for hepatitis C virus (HCV) infection in persons at high risk for infection and a one-time screening for HCV infection to adults born between 1945 and 1965.

- **Screening for HIV** - screening for human immunodeficiency virus (HIV) in all adolescents and adults at increased risk for HIV infection.

- **Screening for congenital hypothyroidism** - screening for congenital hypothyroidism (CH) in newborns.

- **Screening for iron deficiency anemia** - screening for iron deficiency anemia in asymptomatic pregnant women.

- **Iron supplementation in children** - routine iron supplementation for asymptomatic children age 6 to 12 months who are at increased risk for iron deficiency anemia.

- **Screening and counseling for obesity: adults** – screening for all adult patients for obesity and intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.

- **Screening and counseling for obesity: children** – screening for children age 6 years and older for obesity and referral to comprehensive, intensive behavioral interventions to promote improvement in weight status.

- **Screening for osteoporosis** – screening for women age 65 and older for a qualified individual for medically accepted bone mass measurement to detect low bone mass and to determine the Insured Person’s risk of osteoporosis and fractures associated with osteoporosis. A “qualified individual” is: a postmenopausal woman who is not receiving estrogen replacement therapy; an individual with vertebral abnormalities, primary hyperparathyroidison, or a history of bone fractures; or an individual who is receiving long-term glucocorticoid therapy or being monitored to assess the response to or efficacy of an approved osteoporosis drug therapy.

- **Screening for PKU** - screening for phenylketonuria (PKU) in newborns.

- **Screening for Rh incompatibility: first pregnancy visit** - Rh (D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy-related care.

- **Screening for Rh incompatibility: 24 to 28 weeks gestation** - repeated Rh (D) antibody testing for all unsensitized Rh (D)-negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh (D)-negative.

- **Counseling for STIs** - high-intensity behavioral counseling to prevent sexually transmitted infections (STIs) for all sexually active adolescents and for adults at increased risk for STIs.

- **Screening for syphilis: non-pregnant persons** – screening for persons at increased risk for syphilis infection.
• **Screening for syphilis: pregnant women** - screening for all pregnant women for syphilis infection.

• **Counseling for tobacco use** - clinicians ask all adults about tobacco use and provide tobacco cessation interventions for those who use tobacco products.

• **Counseling for tobacco use** - clinicians ask all pregnant women about tobacco use and provide augmented, pregnancy-tailored counseling for those who smoke.

• **Screening for visual acuity in children** - screening to detect amblyopia, strabismus, and defects in visual acuity in children younger than 5 years old.

2. Immunizations for children, adolescents, and adults recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention.

**Immunizations for Children ages 0 through 6 years:**
- Hepatitis B
- Rotavirus
- Diptheria, Tetanus, Pertussis
- Haemophilus influenzae type b conjugate (Hib)
- Pneumococcal
- Inactivated poliovirus (IPV)
- Influenza (seasonal), including H1N1 influenza
- Measles, mumps, and rubella (MMR)
- Varicella
- Hepatitis A (HepA)
- Meningococcal
- Polio
- Any other immunization required by law for the child

**Immunizations for Children ages 7 through 18 years:**
- Tetanus, Diphtheria, Pertussis (Td/Tdap)
- Human papillomavirus (HPV)
- Meningococcal
- Influenza (seasonal)
- Pneumococcal polysaccharide (PPSV)
- Hepatitis A (HepA)
- Hepatitis B
- Inactivated poliovirus (IPV)
- Measles, mumps, and rubella (MMR Varicella
- Varicella
Immunizations for adults over age 18:
- Tetanus, Diptheria, Pertusis (Td/Tdap)
- Human papillomavirus (HPV)
- Varicella
- Herpes zoster
- Measles, mumps, and rubella (MMR)
- Influenza (seasonal)
- Pneumococcal polysaccharide (PPSV)
- Hepatitis A (HepA)
- Hepatitis B
- Meningococcal

3. Preventive care and screenings for infants, children and adolescents as provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. Covered Services are listed in the Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care and the Uniform Panel of the Secretary’s Advisory Committee on Heritable Disorders in Newborns and Children.
  - Preventive Physical Exams at Recommended Intervals
    - Measurements – length, height, weight, head circumference, weight for length, body mass index, blood pressure
  - Sensory Screening
    - Vision
    - Hearing
  - Developmental/Behavioral Assessment
    - Developmental Screening
    - Autism Screening at the ages of 18 and 24 months, and as otherwise required by federal law
    - Developmental Surveillance
    - Psychosocial/Behavioral Assessment
    - Alcohol and Drug Use Assessment
  - Procedures
    - Newborn Metabolic/Hemoglobin Screening
    - Immunization
    - Hematocrit or Hemoglobin
    - Lead Screening
    - Tuberculin Test
4. Preventive care and screening for women provided for in the guidelines supported by the Health Resources and Services Administration.

- Annual well-woman preventive care visit for adult women to obtain the recommended preventive services that are age and developmentally appropriate, including preconception and prenatal care. When appropriate, this visit can include other covered Adult Preventive Care Services.
- Screening for gestational diabetes for pregnant women between 24 and 28 weeks of gestation and at the first prenatal visit for pregnant women identified to be at high risk for diabetes.
- High-risk human papillomavirus DNA testing in women with normal cytology results, beginning at 30 years of age and occurring no more frequently than once every three years.
- Annual counseling on sexually transmitted infections for all sexually active women.
- Annual screening and counseling for human immune-deficiency virus infection for all sexually active women.
- Prescripted FDA-approved contraceptive methods, sterilization procedures and patient education and counseling for all women with reproductive capacity, including Injectable Drugs and implants, intra-uterine devices, diaphragms, and the professional services associated with them.
- Comprehensive lactation support and counseling by a trained provider during pregnancy and/or in the postpartum period and rental of breastfeeding equipment.
- Annual screening and counseling for women for interpersonal and domestic violence.