

2023 Schedule of Preventive Care Services for [INSERT GROUP NAME]

Date reviewed/revised: 11/11/2022

This information highlights the preventative care services required under the Patient Protection and Affordable Care Act of 2010 (PPACA). It is based on recommendations of the U.S. Preventive Services Task Force (USPSTF) and Centers for Disease Control and Prevention (CDC).

Note: These guidelines may change throughout the year. For the most up-to-date recommendations, please visit www.healthcare.gov/preventive-care-benefits.

Your specific needs for preventative services may vary according to your personal risk factors. This is not intended to be a complete list or complete description of available services.

In-network preventative services are provided at no member cost-share. Additional diagnostic studies may be covered if medically necessary for a particular diagnosis or procedure. If applicable, these diagnostic services may be subject to cost-sharing. Members may refer to the benefit plan booklet for specific information on available benefits or contact customer service at the number listed on their ID card.

General Health Care *

Women

Breastfeeding support, supplies, and counseling

During pregnancy, and/or in the postpartum period. Includes rental of breastfeeding equipment.

Contraceptive methods (FDA-approved/counseling)

At least annually; does not apply to women who are participants or beneficiaries in group health plans sponsored by exempt religious employers.

Men and Women

Aspirin prevention medication

Anyone 50-59 at high risk for cardiovascular disease and colorectal cancer

Fall prevention

Ages 65 or older; living in a community setting

Routine physical exams (Wellness visit)

Annual personal history assessment, blood pressure, body mass index (BMI), physical exam, preventative screening, and counseling

Screenings *

Women

BRCA screening/genetic counseling/testing	For all high-risk women
Breast cancer prevention, medication	For all high-risk women
Breast cancer (mammogram 2D or 3D)	Every 2 years for women 50 and over OR For women 40 to 49 at higher risk
Cervical cancer (pap smear/HPV screening)	For women ages 21-65 as recommended by provider
Chlamydia and gonorrhea test	For all sexually active women at high risk
Domestic/interpersonal/partner violence screening/counseling	For all women
HIV Screening/counseling	For everyone 15 to 65 and other ages at increased risk
Osteoporosis (bone density screening)	For all women over 65 or women age 64 and younger that have gone through menopause
Urinary incontinence screening	For all women annually

Women - Maternity

Alcohol misuse screening/counseling	For all pregnant women: counseling for those who engaged in risky or hazardous drinking
Bacteremia screening	Between 12–16 weeks pregnant or first prenatal visit, urine culture
Depression screening, maternal	During pregnancy and postpartum (by 1 month, 2 months, 4 months, and 6 months)
Folic acid supplementation	Daily supplement for woman planning or capable of pregnancy
Gestational diabetes mellitus	For women 24 weeks (or later) pregnant and those at high risk of developing gestational diabetes
Hepatitis B infection	At first prenatal visit
HIV infection	For all pregnant women
Prenatal care	Duration of pregnancy
Preeclampsia prevention and screening	Monitor blood pressure throughout pregnancy
Rh incompatibility screening	First prenatal visit: blood typing and Rh antibody testing
Rh incompatibility screening	For all pregnant women and follow-up testing for women at higher risk
Syphilis infection	For all pregnant women

Screenings * (Continued)

Tobacco use screening and intervention	For all pregnant women: assess use, advise to stop using tobacco, and provide behavioral interventions
Men	
Abdominal aortic aneurysm	Ages 65–75: If you have ever smoked, one time screening
Men and Women	
Alcohol misuse screening/counseling	Age 19 and older: counseling for those who engaged in risky or hazardous drinking
Blood pressure	Ages 19–39: for individuals with normal blood pressure (<130/85 who have no other risk factors), recommend assessment every 3–5 years Ages 19–39: for individuals with increased risk of high blood pressure, recommend assessment once every year Ages 40 and older: regardless of risk or blood pressure values, recommend annual assessment
Colorectal cancer (colonoscopy)	Beginning at age 45 and continuing through age 75: every 10 years High risk: begin screening earlier or more frequent based on provider recommendations
Depression screening	As medically necessary
Diabetes (type 2)/abnormal blood glucose screening	Ages 40–70: overweight or obese adults
Hepatitis B screening	For people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
Hepatitis C screening	For adults age 18-79 yrs.
HIV infection	For everyone age 15 to 65 and other ages at increased risk
Lung cancer	Ages 50–80: annual screening if you have a history of heavy smoking or have quit in the past 15 years
Obesity screening and counseling	Ages 18 and older: regular screening during physical exam Clinician will refer to counseling if body mass index is 30kg/m ² or higher
Obesity/overweight with cardiovascular risk factor	Age 18 and older: regular screening during physical exam Clinician will refer to counseling if body mass index is 25kg/m ² or higher to promote healthful diet and physical activity.
Sexually transmitted infection counseling	For adults at higher risk
Skin cancer counseling	Annually
Statin preventative medication	Ages 40–75: high risk

Screenings * (Continued)

Men and Women

Syphilis Infection	For adults at higher risk
Tobacco use screening and interventions	Adults and cessation interventions provided for tobacco users
Tuberculosis screening	Ages 18 or older: at increased risk

Immunizations **

Men and Women

Hemophilus influenza type B (Hib)	Ages 19 and older: 1-3 doses depending on indication
Hepatitis A (Hep A)	Ages 19 and older: 1-3 doses
Hepatitis B (Hep B)	Ages 19 and older: 2-4 doses
Human Papillomavirus	Ages 19–26: depending on age of initial dose, 3 doses
Influenza (flu shot)	Ages 19 and older: annually during influenza season, 1 dose
Measles/mumps/rubella (MMR)	Ages 19 and older: 1-2 doses
Meningococcal	Ages 19 and older: 1-3 doses, see CDC.gov for booster recommendations
Pneumococcal	Ages 19–64: based on individual risk factors, 1 dose Ages 65 and older: 1 dose
Tetanus/diphtheria/pertussis (Td or Tdap)	Ages 19 and older: 1 dose of Tdap, then Td booster every 10 years
Varicella (Chickenpox)	Ages 19 and older: 2 doses, as necessary based upon past immunization or medical history
Zoster (Shingles)	Ages 19-50: 2 doses for immunocompromising conditions Ages 50 and older: 2 doses

SCHEDULE FOR CHILDREN: BIRTH - 19TH BIRTHDAY

General Health Care *

Wellness Visits
(Routine History and Physical Examination)

Newborn, 2–5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, 36 months, 4–19 years: annually

Exams may include:

- Blood pressure (risk assessment up to 2 years)
- Body mass index (BMI: beginning at 2 years of age)
- Developmental milestones surveillance
- Head circumference (up to 24 months)
- Height/length and weight
- Newborn evaluation (including gonorrhea prophylactic topical eye medication)
- Weight for length (up to 18 months)
- Anticipatory guidance for age-appropriate issues including:
 - o Growth and development, breastfeeding/nutrition/support/counseling, obesity prevention, physical activity and psychosocial/behavioral health
 - o Safety, unintentional injuries, firearms, poisoning, media access
 - o Contraception methods/counseling
 - o Tobacco products
 - o Oral health risk assessment/dental care (> 6 months)
 - o Fluoride supplementation when water supply is fluoride deficient (>6 months)
 - o Fluoride varnish to primary teeth (up to age 5 years)
 - o Folic acid (child bearing)

Screenings *

Alcohol and drug use	Ages 11 and older
Anemia screening	At each wellness visit
Autism	18 months, 24 months
Behavioral problems	At each wellness visit
Bilirubin titer	Newborn
Blood pressure	At each wellness visit
Cervical abnormalities	Ages 11 and older: assess risk
Chlamydia and gonorrhea test	Sexually active females, recommended interval every 1-3 years
Depression screening	Age 12–18
Domestic/interpersonal/partner violence screening/counseling	Reproductive age: intervention services available at least annually
Dyslipidemia screening	9-11 years and 17-21 years for children with high risk for lipid disorders
Hearing	At ages: newborn and adolescents as recommended by their provider

Screenings * (Continued)

Hepatitis B infection	Adolescents with high risk
Hepatitis C	Adolescents with high risk
HIV	Adolescents with high risk
Hypothyroid screening	Newborn
Lead	Ages 6 months, 1 year to 6 years annually
Obesity screening and counseling	Ages 6 and older
Phenylketonuria (PKU) screening	Newborn
Sexually transmitted infections counseling	Adolescents with high risk
Sickle cell screening	Newborn
Skin cancer counseling	Beginning at 6 months with wellness visits, education to reduce risk of skin cancer
Syphilis	Adolescents with high risk
Tobacco use intervention	School-age and adolescents: education and brief counseling to prevent initiation of tobacco use
Tuberculosis screening	At increased risk
Visual acuity	Ages 3–5, one time
Vision screening	Ages 3–6: annually, then at 8 years, 10, years, 12 years, 15 years, and 18 years

Immunizations **

Diphtheria/Tetanus/Pertussis (DTaP)	2 months, 4 months, 6 months, 15–18 months, 4–6 years
Hemophilus influenza type B (Hib)	2 months, 4 months, 6 months, 12–15 months
Hepatitis A (Hep A)	12–23 months: 2 doses
Hepatitis B (Hep B)	Birth, 1–2 months, 6–18 months
Human papillomavirus	11–12 years: 2 doses, may start as early as 9 years of age
Influenza	6 months–18 years: annually during flu season
Measles/mumps/rubella (MMR)	12–15 months, 4–6 years
Meningococcal	11–12 years, 16–18 years
Pneumococcal	2 months, 4 months, 6 months, 12–15 months
Polio (IPV)	2 months, 4 months, 6–18 months, 4–6 years
Rotavirus (RV)	2 months, 4 months, and possibly at 6 months (2–3 doses depending on the vaccine used)
Tetanus/reduced Diphtheria/Pertussis (Tdap)	11–12 years
Varicella/Chickenpox (VAR)	12–15 months, 4–6 years

*Services that need to be performed more frequently than stated due to specific health needs of the member and that would be considered medically necessary may be eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

**Immunization based on individual risk of the member may be eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

Catch-up doses of an immunization may be considered medically necessary and eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

Source: U.S. Preventative Services Task Force (USPSTF) and Centers for Disease Control and Prevention (CDC)

