

\$0 Preventive Care Services

Staying up to date with your preventive care is key to maintaining and improving your health and well-being. That's because, through prevention, diseases can be detected and treated early.

As part of our commitment to helping you manage your health, we want to ensure you're aware of all the \$0 preventive services offered to keep you healthy. Even those enrolled in a deductible health plan can enjoy FREE preventive services from the start!

Top 10 List of FREE Preventive Services

- **Annual Routine Checkup***
- **Cholesterol Screening**
- **Colonoscopy Screening**
- **Diabetes Screening**
- **High Blood Pressure Screening**
- **Mammography Screening**
- **Pap Smear Collection and Preparation**
- **Vaccinations**
- **Well-Child Visit***
- **Well-Woman Visit***

Additional FREE Preventive Services

- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Behavioral Counseling Intervention
- Aspirin Therapy Discussion for Prevention of Cardiovascular Disease
- Aspirin Therapy for Prevention of Cardiovascular Disease
- Asymptomatic Bacteriuria Screening in Pregnant Women
- Bone Density (Osteoporosis Screening)
- BRCA Risk Assessment and Genetic Counseling/Testing**
- Breast Cancer Preventive Medications
- Breast Feeding – Primary Care Intervention to Promote Breast Feeding
- Breast Feeding Supplies
- Breast Feeding Support and Counseling
- Chlamydia Screening
- Colonoscopy Preparation with Prescription
- Congenital Hypothyroidism Screening
- Contraceptive Methods and Counseling
- Dental Caries in Preschool Children, Treatment – Fluoride
- Depression Screening (Adults)
- Depression Screening (Maternal)
- Falls Prevention in Older Adults
- Folic Acid – Daily Supplement for Women During Pregnancy
- General Health Panel with Basic Metabolic Panel
- Gonorrhea – Prophylactic Medication for Newborns
- Gonorrhea Screening

Learn more on next page.

- Healthy Diet Counseling
- Hearing Loss Screening for Newborns
- Hepatitis B Virus Infection, Screening
- Hepatitis C Screening
- HIV Counseling
- HIV Screening
- HPV Screening
- Hypothyroidism Screening for Newborns
- Interpersonal and Domestic Violence Screening
- Lead Screening
- Lipid Screening (Cardiovascular Screening)
- Lung Cancer Screening – Low Dose CT
- Major Depressive Disorder Screening for Children and Adolescents
- Obesity Screening – Adults and Children
- Oral Contraceptives
- Over-the-Counter Contraceptive Drugs and Devices
- Phenylketonuria Screening for Newborns
- Prenatal Visit* and One (1) Postpartum Visit*
- Rh(D) Incompatibility Screening in Pregnant Women
- Sexually Transmitted Infections Counseling
- Skin Cancer Behavioral Counseling
- Smoking Cessation Counseling
- Smoking Cessation Intervention Pharmacotherapy
- Syphilis Screening
- Visual Impairment Screening (for Children Younger than 5 Years Old)

These services are covered in full one time per plan year when rendered by an in-network/participating provider. Some preventive services need to meet specific criteria. Please call Customer Service using the number on the back of your ID card for clarification of coverage.

Please keep in mind, a routine checkup (well visit) or preventive service can sometimes turn into a “sick visit,” in which you will be responsible for paying an office visit copay or, if enrolled in a deductible plan, all charges until your deductible level is met. There may be other services performed in conjunction with the above preventive care services, which are subject to any applicable liability as described in your contract.

* Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as an Evaluations and Management (E&M) code.

** Please note: BRCA mutation screening requires prior authorization to review for medical necessity based on product. Reference the following policy for additional information: Breast Cancer Susceptibility 1 and 2 (BRCA ½) Sequence Testing for Susceptibility to Hereditary Breast Cancer and BRCA Analysis® Rearrangement Test (BART).

Preventive Care Services are: Items or services with an “A” or “B” rating from the United States Preventive Services Task Force; immunizations pursuant to the Advisory Committee on Immunization Practices (“ACIP”) recommendations; and preventive care and screenings that are provided for in the comprehensive guidelines supported by the Health Resources and Services Administration (“HRSA”).