

## Routine exams, immunizations and screenings for members age 18 and older

Being your healthy best is a little easier when you focus on prevention. That's why we encourage members to follow these preventive care guidelines. They are recommended by the U.S. Preventive Services Task Force, Health Resources and Services Administration, or Advisory Committee on Immunization Practices and are consistent with the Affordable Care Act. These screenings and services are covered at no cost when performed by an in-network provider. If no plan limit is specified, we cover your preventive care during primary doctor visits.

	Age	Plan Limit
<b>Preventive exams</b>		
Routine physical exam/checkup		One per year
Well-woman visit		One per year
<b>Health screenings</b>		
Abdominal aortic aneurysm - for men age 65-75	65-75	Once per lifetime
Anxiety		
Asymptomatic bacteriuria		During pregnancy
Breast cancer (mammogram) – age 50+	50+	One per year
Cervical cancer (pap smear, with or without HPV testing) – age 21+	21+	
Colorectal cancer		
Fecal occult blood test (FOBT) or fecal immunochemical test (FIT)		One per year
CT colonography, flexible sigmoidoscopy or double contrast barium enema	45+	One every 5 years
Colonoscopy		One every 10 years
Flexible sigmoidoscopy +annual FIT		One every 10 years
Depression		
Diabetes and prediabetes – for overweight adults		
Gestational diabetes		
Drug and alcohol use		
Folic acid		
Hepatitis B		
During pregnancy		At 1 <sup>st</sup> prenatal visit
For persons with increased risk		
Hepatitis C		Once per lifetime
Human papillomavirus (HPV)		
Hypertension		
Interpersonal and domestic violence		
Lipid disorders (dyslipidemia) - age 20+	20+	Once per year
Lung cancer - for smokers age 50-80	50-80	
Osteoporosis		Post-menopause
Preeclampsia		During pregnancy
Rh(D) incompatibility		During pregnancy
Sexually transmitted infections (chlamydia, gonorrhea, syphilis, HIV)		
Tobacco		
Tuberculosis - for persons at increased risk		
Type 2 diabetes		
Urinary incontinence		Once per year
<b>Health counseling and interventions</b>		
Behavioral counseling in primary care to reduce unhealthy alcohol use		
Aspirin to prevent colorectal cancer and cardiovascular disease		
Breast cancer		
Prevention counseling		
Genetic risk assessment and BRCA for breast/ovarian cancer susceptibility		
Medications for risk reduction – age 35+	35+	
Breastfeeding promotion, support, supplies and counseling		

	Age	Plan Limit
Cardiovascular disease prevention (statins) – age 50-75	50-75	
Contraception: FDA-approved generics, others when no generic is available. Includes male condoms, Plan B morning after pill, sterilization		
Contraceptive counseling		
Depression counseling – for high risk persons		Pregnant & postpartum
Falls prevention (counseling and exercise) – for age 65+	65+	
Folic acid supplementation		
Healthy diet - primary care to promote		
Healthy weight gain in pregnancy, counseling and interventions		
HIV counseling, and PrEP for persons at high risk		
Interpersonal and domestic violence counseling		
Obesity counseling, including referral for interventions		
Preeclampsia prevention (aspirin)		Pregnant high risk
Sexually transmitted infection counseling		
Skin cancer prevention counseling – under age 24	<24	
Tobacco use counseling, prevention and cessation		
Immunizations		
COVID-19		
Hepatitis A		
Hepatitis B		
Human papillomavirus (HPV) – age 18-45	18-45	
Influenza (flu)		
Measles, mumps and rubella (MMR)		
Meningococcal		
Pneumococcal – age 65+	65+	
Td/Tdap (tetanus/diphtheria/pertussis)		
Varicella (chickenpox)		
Zoster (shingles) – age 50+	50+	
Travel and workplace – for high risk when criteria are met		