

## Preventive services

Use this table to speak with your doctor about preventive services that may be appropriate for you.

Preventive services	Eligibility and recommended frequency
<b>Abdominal aortic aneurysm screening</b>	A one-time ultrasound screening if you have risk factors <i>Note: Even though this screening is more common for men, women can also have it if necessary</i>
<b>Alcohol misuse screening</b>	Covered annually For those who screen positive, 4 times per year for counseling
<b>Bone mass measurement</b>	Recommended frequency is once every 2 years or more frequent if you are high-risk <i>Note: Even though this screening is more common for women, men can also have it if they are high-risk</i>
<b>Breast cancer screening (mammogram)</b>	Females age 35 – 39: ability for one baseline screening Females age 40+: once every year
<b>Cardiovascular behavioral therapy</b>	Covered annually
<b>Cardiovascular disease screening</b>	Blood test (lipid panel), once every 5 years
<b>Cervical and vaginal cancer screening (Pap smear and pelvic exam)</b>	Females, once every 2 years in most cases and annually for those who meet high-risk eligibility
<b>Colorectal cancer screening</b>	<b>Standard requirement:</b> Aged 45+ years Can be asymptomatic (showing no symptoms) or high-risk <b>Testing options:</b> <i>One of the following every year:</i> - Guaiac-based fecal occult blood test (gFOBT) - Fecal immunochemical test (FIT) Multi-target stool DNA test (Cologuard®): once every 3 years Sigmoidoscopy: every 4 years Colonoscopy: every 10 years (but not within 4 years of a screening sigmoidoscopy) or every 2 years if you are at high-risk
<b>Depression screening</b>	One per year
<b>Diabetes screening</b>	If you have never been tested, or tested and not diagnosed, you can be tested annually If you have been diagnosed with pre-diabetes, you can be tested twice every year If you have been diagnosed with diabetes, you will not be covered for this screening service

<b>Diabetes self-management training</b>	<p>If you've been diagnosed with diabetes and would like help learning how to manage your condition</p> <p>Initial year: Up to 10 hours of initial training within a continuous 12-month period</p> <p>Subsequent years: Up to 2 hours of follow-up training each calendar year after completing the initial 10 hours of training</p>
<b>Glaucoma test</b>	Once every year if you're at high risk for developing the eye disease glaucoma
<b>HIV screening</b>	One every year
<b>Immunizations</b>	<p><b>You may get:</b></p> <p>One flu vaccine per flu season</p> <p>Up to two doses per lifetime: pneumonia vaccine, including Pneumovax or Prevnar</p> <p>Three doses: hepatitis B if you are at high-risk</p> <p>If your plan <i>does not</i> include pharmacy coverage (Part D), you can ask your provider to give you these vaccines</p> <p>If your plan does include Part D, you can ask your pharmacy or provider to give you these vaccines or get them at a network pharmacy</p> <p>We follow CMS guidelines for COVID-19. Visit <a href="https://modahealth.com/covid">modahealth.com/covid</a> to see current benefits.</p>
<b>Lung cancer screenings</b>	<p><b>Eligibility and recommended frequency =</b></p> <p><i>Once annually if you meet the following criteria:</i></p> <p>You're age 50-77.</p> <p>You don't have signs or symptoms of lung cancer (asymptomatic).</p> <p>You're either a current smoker or have quit smoking within the last 15 years.</p> <p>You have a tobacco smoking history of at least 20 "pack years" (an average of one pack (20 cigarettes) per day for 20 years).</p> <p>You get an order from your doctor.</p>
<b>Nutrition therapy</b>	<p><b>Eligibility and recommended frequency =</b></p> <p>You may qualify if you have diabetes or kidney disease, or you've had a kidney transplant in the last 36 months, and your doctor refers you for services</p>
<b>Medicare Diabetes Prevention Program (MDPP)</b>	<p><b>Eligibility and recommended frequency =</b></p> <p>Once in your lifetime, if you meet eligibility conditions</p>
<b>Obesity screening and therapy</b>	Counseling to help you lose weight if you have a body mass index (BMI) of 30 or more
<b>Prostate cancer screening</b>	Covered once every year for males, age 50+
<b>Sexually transmitted infections (STI)s screening</b>	Once annually
<b>Tobacco use counseling</b>	<p>If you use tobacco and would like help quitting, you can get up to 4 counseling sessions for each attempt to stop</p> <p><i>Note: This benefit covers up to 2 attempts to quit within a year.</i></p>