

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

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	<1	6 visits
	1-4	7 visits
	5+	One per year
Well-woman visit		One per year
<b>Health screenings</b>		
Anxiety	8+	
Asymptomatic bacteriuria		During pregnancy
Behavioral		
Cardiac arrest risk assessment – age 11-18	11+	
Depression and suicide – age 12-18	12+	
Depression, perinatal		Pregnant/postpartum
Developmental		
Folic acid		
Gestational diabetes		
Hepatitis B		
During pregnancy		At 1 <sup>st</sup> prenatal visit
For persons with increased risk		
Human papillomavirus (HPV)		
Interpersonal and domestic violence		
Newborn		
Hearing loss	<1	
Hypothyroidism		
Sickle cell disease		
Obesity – age 6+	6+	
Phenylketonuria (PKU)		
Preeclampsia		During pregnancy
Rh(D) incompatibility		During pregnancy
Sexually transmitted diseases (chlamydia, gonorrhea, HIV and syphilis)		
Vision (amblyopia) – age 3-5	3-5	
<b>Health counseling and interventions</b>		
Breast cancer		
Prevention counseling		
Genetic risk assessment and BRCA for breast/ovarian cancer susceptibility		
Breastfeeding promotion, support, supplies and counseling		
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
Fluoride		
Oral fluoride with iron – age 6 months-5 years	<5	With prescription
Fluoride varnish – under age 5		
Folic acid supplementation		
Gonorrhea (preventive eye medication) – newborns	<1	

	Age	Plan Limit
Healthy weight gain in pregnancy, counseling and interventions		
HIV counseling, and PrEP for persons at high risk		
Interpersonal and domestic violence counseling		
Obesity counseling – age 6+	6+	
Preeclampsia prevention (aspirin)		Pregnant high risk
Sexually transmitted infection counseling		
Skin cancer prevention counseling		
Tobacco use counseling, prevention and cessation		
Immunizations		
COVID-19		
Haemophilus influenza type b (HIB) – 15 months and under	<15 mo.	
Hepatitis A – under age 2, or older if homeless	<2	
Hepatitis B – 18 months and under	<18 mo.	
Human papillomavirus (HPV) – age 9+	9+	
Influenza (flu)		
Measles, mumps and rubella (MMR) – age 1- 6	<7	
Meningococcal – age 11-18	11+	
Pneumococcal (PCV) – age 15 months and under	<15 mo.	
Polio (IPV) – age 2 months to 6 years	<6	
Rotavirus – 6 months and under	<6 mo.	
Td/Tdap (tetanus/diphtheria/pertussis)		
Varicella (chickenpox) – age 1-6	<7	
Travel and workplace – for high risk when criteria are met		