



PREVENTIVE HEALTH BENEFITS

With IU Health Plans coverage, all members have access to preventive care services at no cost. Preventive health benefits include healthcare services like screenings, checkups, and patient education and counseling that are used to prevent illnesses, disease and other health problems, or to detect disease at an early stage when treatment is likely to work best. Preventive services are based on proven research called guideline-based care and vary based on age and gender. The following preventive care services are covered at no cost to your employees.

Well exam	
Men – One per year	Women – One per year with family physician, one per year with OB/GYN, if needed

Childhood immunizations*															
Vaccine	Age >	Birth	1 month	2 months	3 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	7-10 years	11-12 years	13-18 years
Diphtheria, tetanus, pertussis				DTap	DTap	DTap		DTap				DTap			Tdap
Human papillomavirus															HPV 3 doses
Meningococcal											MCV				
Influenza							Influenza (yearly)								
Pneumococcal				PCV	PCV	PCV	PCV				PPSV				
Hepatitis A							Hep A 2 doses			Hep A series					
Hepatitis B		Hep B	Hep B			Hep B							Hep B series		
Hepatitis AB						Hep AB									
Inactivated poliovirus				IPV	IPV	IPV					IPV				
Measles, mumps, rubella							MMR					MMR			
Varicella							Varicella					Varicella			
Rotavirus				RV	RV	RV									
Haemophilus influenzae Type B				HIB	HIB	HIB	HIB								

Note: Preferred age for vaccine is indicated where specific vaccine is listed in colored box.

- ***Gray box with writing** – Specific service is covered at 100 percent and is recommended at that specific time period.
- Gray box without writing** – Specific service is covered at 100 percent.
- White box** – Service will not be covered at 100 percent. The service falls outside the parameters of when the service is covered under preventive health benefits.



PREVENTIVE HEALTH BENEFITS, CONTINUED

Services for children			
<ul style="list-style-type: none"> ▪ Gonorrhea preventive medication for eyes ▪ Hearing screening ▪ Hemoglobinopathies (sickle cell) ▪ Congenital hypothyroidism phenylketonuria (PKU) 	Newborns	Developmental/behavioral assessment/autism	All ages
Fluoride supplementation	Children without fluoride in water source	Hematocrit or hemoglobin screening	All ages
Iron supplementation	6–12 months at high risk	Lead screening	For children at risk of exposure
HIV screening	Age 12 and above	Tuberculin testing	For children at high risk of tuberculosis
Visual acuity	Up to age 5	Dyslipidemia screening	Children at risk of lipid disorders
Oral dental screening	During preventive health benefit visit	Height, weight and body mass index measurements	Through age 17
Urinalysis	4–6 years and 12–16 years	Medical history	All children throughout development

Services for pregnant women	
Bacteriuria	Lab test
Hepatitis B	Lab test
Iron deficiency anemia screening	Lab test
Gestational diabetes screening (between 24 and 28 weeks)	Lab test
Rh incompatibility	Lab test
Syphilis screening	Lab test
Breastfeeding interventions	Counseling, support and supplies
Nicotine	Counseling
Folic acid	Women capable of becoming pregnant

Services for all women	
Domestic violence screening and counseling	Annually
Contraceptive methods	Covered unless religious exemption applies



PREVENTIVE HEALTH BENEFITS, CONTINUED

Adult immunizations		Adult labs		Adult procedures/services	
Tetanus, diphtheria, pertussis	Every 10 years after age 18	Lipid panel	Yearly	Bone density scan	Every 3 years – age 60 or older
Human papillomavirus	To age 26	Total serum cholesterol	Yearly	Mammogram	Baseline for women – once between 35–40
Meningococcal	To age 55	PSA, men over 50	Yearly	Mammogram	Yearly for women over 40 or as appropriate with family history
Influenza	Yearly	Pap smear/Thin prep pap test for women	Yearly	BRCA (letter of medical necessity required)	Women genetically at high risk of breast cancer
Pneumococcal	Age 18 and over	Fecal occult testing	Yearly	Sigmoidoscopy	Every 3 years after age 50
Hepatitis A	All ages	FBS (Fasting Blood Sugar)	Yearly	Colonoscopy	Every 10 years after age 50 or as appropriate with family history
Hepatitis B	All ages	Hgb A1C	Yearly	Barium enema	Yearly after age 50
Hepatitis AB	Ages 18–25	HIV testing	Yearly	Abdominal ultrasound	For men who have smoked – one time between ages 65–75
Shingles	Once after age 60	Human papillomavirus DNA testing	Every 3 years beginning at age 30	Aspirin for men	Ages 45–79
*Measles, mumps and rubella	Once after age 19 (up to two vaccinations per lifetime)	Syphilis screening	Yearly	Aspirin for women	Ages 55–79
		Chlamydia infection screening	Yearly		
		Gonorrhea screening	Yearly		
		Vitamin D	Yearly		