



# Preventive Health Benefits **2022**

Effective 1/1/2022, these benefits are fully compliant with the Affordable Care Act (ACA). The following exams, labs, screenings, counseling or services and immunizations are covered for adults and children.

## Adults

### Well exams

Men – one per year with family physician

Women – one per year with family physician or one per year with OB/GYN

### Labs, screenings and services

#### Labs

- Chlamydia
- Cholesterol
- Colorectal cancer screening labs (FOBT, FIT, Cologuard®)
- Fasting blood sugar and A1C
- Gonorrhea
- Human immunodeficiency virus (HIV)
- Human papillomavirus DNA testing
- Pap smear/thin prep pap test for women
- Syphilis
- Tuberculosis

#### Screenings

- Alcohol, drug and tobacco misuse
- Aortic aneurysm (one-time screening for men ages 65 – 75 who have ever smoked)
- Blood pressure
- Bone density scan
- BRCA for women genetically at high risk for breast cancer
- Breast cancer: mammogram
- Colorectal cancer (adults ages 45 – 75): colonoscopy, flexible sigmoidoscopy, CT colonography
- Depression and anxiety
- Type 2 diabetes and pre-diabetes (for adults who are overweight or obese)
- Lung cancer (adults ages 50 – 80 years who have smoked, currently smoke or have quit smoking in the last 15 years.) Talk with your doctor about whether you should be screened.
- Obesity
- Sexually transmitted infections
- Urinary incontinence



## Adults, continued

### Labs, screenings and services, continued

#### Services

- Behavioral counseling for alcohol, drug and tobacco use
- Behavioral counseling to promote a healthy diet
- Behavioral counseling for human immunodeficiency virus (HIV)
- Behavioral counseling to minimize UV (sun) exposure (young adults up to age 24)
- Behavioral counseling to prevent sexually transmitted infections
- Tobacco cessation (programs to help you stop using tobacco)

#### Immunizations

- |                                  |                           |
|----------------------------------|---------------------------|
| ▪ COVID-19                       | ▪ Influenza               |
| ▪ Diphtheria, tetanus, pertussis | ▪ Measles, mumps, rubella |
| ▪ Hepatitis A                    | ▪ Meningococcal           |
| ▪ Hepatitis AB                   | ▪ Pneumococcal 23         |
| ▪ Hepatitis B                    | ▪ Prevnar 13              |
| ▪ Hepatitis C antibody           | ▪ Shingles                |
| ▪ Human papillomavirus (HPV)     | ▪ Varicella               |

#### Medications

- Anastrozole, Exemestane, Raloxifene, Tamoxifen for women age 35 and older who are at increased risk for breast cancer
- Folic acid for women capable of becoming pregnant or who are pregnant
- Low-dose aspirin (81 mg) after 12 weeks gestation for pregnant women at high risk for preeclampsia
- Low-dose aspirin (81 mg) for adults age 50 – 59 who are at a 10% or higher risk for cardiovascular disease or at high risk for colorectal cancer
- Smoking cessation medications (see the Affordable Care Act Preventive List for covered medications)



## Adults, continued

### Labs, screenings and services for pregnant women

#### Labs

- Bacteriuria
- Gestational diabetes
- Hepatitis B
- Rh incompatibility
- Syphilis screening

#### Screenings

- Alcohol, drug and tobacco use assessment
- Depression and anxiety
- Domestic violence screening and counseling
- Human immunodeficiency virus (HIV)
- Maternal depression screening
- Preeclampsia
- Sexually transmitted infections (STIs)

#### Services

- Behavioral counseling for alcohol, tobacco and drug use
- Behavioral counseling for human immunodeficiency virus (HIV)
- Behavioral counseling to prevent sexually transmitted infections
- Behavioral counseling to promote healthy weight gain in pregnancy
- Breastfeeding interventions
- Tobacco cessation (programs to help you stop using tobacco)

### Screenings/services for all women

- Breast cancer screening
- Cervical cancer screening
- Cervical dysplasia screening
- Contraceptive methods
- Depression and anxiety
- Domestic violence screening and counseling



## Children and adolescents

The following exams, labs, screenings, services, counseling and immunizations are covered for children and adolescents.

### Well exams

Boys – one per year with family physician

Girls – one per year with family physician or one per year with OB/GYN, as appropriate

### Labs, screenings and services

#### Labs

- Bilirubin screening (newborns only)
- Hematocrit or hemoglobin
- Hepatitis B
- High cholesterol
- Human immunodeficiency virus (HIV)\*
- Iron deficiency
- Lead
- Sexually-transmitted infections (STIs)\*
- Tuberculin testing
- Uniform screening panel to detect inherited disorders
- Urinalysis

*\*Adolescents only*

#### Screenings

- Alcohol, drug and tobacco use assessment\*
- Anxiety (female adolescents)
- Autism
- Blood pressure
- Depression (children and adolescents)
- Developmental/behavioral assessment
- Fluoride supplementation (for children without fluoride in water source)
- Hearing screening
- Height, weight and body mass index measurements
- Medical history
- Obesity
- Oral health risk screening
- Uniform screening panel to detect inherited disorders (newborns only)
- Visual acuity

*\*Adolescents only*



## Children and adolescents, continued

### Labs, screenings and services, continued

#### Services

- Behavioral counseling for alcohol, drug and tobacco use
- Behavioral counseling for healthy diet
- Behavioral counseling for human immunodeficiency virus (HIV)
- Behavioral counseling to prevent sexually transmitted infections (STI)
- Behavioral counseling to minimize UV (sun) exposure
- Medication to prevent gonorrhea eye infection in newborns

#### Immunizations

- |                                  |                             |
|----------------------------------|-----------------------------|
| ▪ COVID-19 (adolescents)         | ▪ Measles, mumps, rubella   |
| ▪ Diphtheria, tetanus, pertussis | ▪ Meningococcal             |
| ▪ Haemophilus Influenzae Type B  | ▪ Pneumococcal 23           |
| ▪ Hepatitis A                    | ▪ Prevnar 13                |
| ▪ Hepatitis B                    | ▪ Polio (inactivated virus) |
| ▪ Hepatitis AB                   | ▪ Rotavirus                 |
| ▪ Human papillomavirus           | ▪ Varicella                 |
| ▪ Influenza                      |                             |

Please note that your physician may recommend additional diagnostic tests or screenings not included in this benefit brochure, and you may be financially responsible for those charges. For more details on recommended immunizations and screenings for children, please see the [American Academy of Pediatrics Bright Futures Family Pocket Guide](#) and the [Centers for Disease Control and Prevention's Immunizations Schedules for Children and Adolescents Immunization Schedules | CDC](#).

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