

The greatest advantage of preventive care services is detecting potential problems early. To help members avoid serious illness, our PPO, POS, and HMO group health plans typically include coverage for the pediatric and adult preventive care services listed below.

## PEDIATRIC CARE (Birth through age 18)

Service	Preventive Benefit Coverage
<b>Routine History and Physical Exam</b> Exams may include: newborn screening; height, weight and blood pressure measurements; sensory screening for vision and hearing.	18 exams between the ages of 0-10, which typically occur as follows: <ul style="list-style-type: none"> <li>- As a newborn and at 2 to 4 weeks;</li> <li>- At months 1, 2, 4, 6, 9, 12, 15, 18 and 24; and</li> <li>- At 3, 4, 5, 6, 8 and 10 years of age.</li> </ul> One exam annually, between 11 and 18 years of age
<b>Screenings</b> May include, but is not limited to; newborn screenings for PKU, sickle cell, hemoglobinopathies, and hypothyroidism; lead screening, hemoglobin and hematocrit, urinalysis, lipid screening, tuberculin test, Pap test and screening for sexually transmitted disease (when indicated).	Administered in accordance with age and frequency guidelines recommended by the American Academy of Pediatrics, U.S. Preventive Services Task Force, and the Centers for Disease Control and Prevention
<b>Immunizations</b> Include: Rotavirus, Polio, Diphtheria-Tetanus-Pertussis (DTaP), Tetanus-reduced Diphtheria/Pertussis (Tdap), Measles-Mumps-Rubella (MMR), Haemophilus influenzae type b (Hib), Hepatitis B, Chickenpox (VZV), Hepatitis A, Influenza, Pneumococcal (PCV), Meningococcal (MCV4), Human Papillomavirus (HPV)	Administered in accordance with age and frequency guidelines as required by state law and/or as recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention.  *Mandated childhood immunizations are covered through age 20, in accordance with state law.

## ADULT CARE (Ages 19 and over)

Service	Preventive Benefit Coverage
<b>Routine History and Physical Exam</b> Includes pertinent patient education and counseling	Nine exams between the ages of 19-49, which typically occur as follows: <ul style="list-style-type: none"> <li>- Ages 19-29, once; and</li> <li>- Ages 30-49, every four years.</li> <li>- Age 50+, annually</li> </ul>
<b>Screenings</b>	
Pap Smear /Pelvic Exam	- Age 19+, one routine gynecological exam annually
Chlamydia/Gonorrhea Tests (women)	- Age 19+ (high risk), annually
HIV Test (men/women)	- Age 19+, one routine gynecological exam annually
Fasting Lipid Profile	- Age 20+, every five years
Fasting Glucose	- Age 45+, every three years
Fecal Occult Blood Test	- Age 40+, annually
Flexible Sigmoidoscopy -or- Colonoscopy	- Age 40+, every five years; - Age 40+, every ten years;
Prostate Specific Antigen (PSA)	- Age 50+, annually
Bone Mineral Density (women)	- Ages 60-64 (high risk), every two years; age 65+, every two years
Mammogram	- Age 40+, annually
Abdominal Ultrasound (to screen for abdominal aortic aneurysm)	- Ages 65-75, one-time screening for high risk men
<b>Immunizations</b> Includes: Tetanus/Diphtheria (Td); Hepatitis A; Hepatitis B; Meningococcal (MCV4/MPSV4); Measles/Mumps/Rubella (MMR); Chickenpox (VZV); Influenza; Pneumococcal (PPV); Human Papillomavirus (HPV)	Administered in accordance with age and frequency guidelines as required by state law and/or as recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention.

This information highlights the preventive care services available under this coverage. It is not intended to be a complete list or complete description of available services. Services may be subject to copayment, deductible and/or coinsurance. Additional diagnostic studies may be covered if medically necessary for a particular diagnosis or procedure. Refer to the Certificate of Coverage for specific information on available benefits. This schedule is periodically updated to reflect current recommendations from the American Academy of Pediatrics, National Institutes of Health, U.S. Preventive Services Task Force, American Cancer Society, Advisory Committee on Immunization Practices and Centers for Disease Control and Prevention.

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