

Preventive Health Services: Limitations, Intervals, and Requirements¹

The following table represents the preventive services currently covered under this Plan as well as the permitted interval and any requirements of such preventive services.

Preventive Health Services		
Covered Benefits		
<p>Benefits are automatically subject to 29 CFR § 2590.715 -2713(a). Amendments to this section through legislative act or regulation are automatically incorporated into this document by reference. Preventive Services covered in this section are explained in more detail through the following official resources:</p> <ul style="list-style-type: none"> • Medical services with a rating of "A" or "B" from the current recommendations of the United States Preventive Services Task Force. See https://www.uspreventiveservicestaskforce.org • Preventive care and screenings for infants, children, and adolescents provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. Guidelines can be found in https://www.hrsa.gov • Immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention for certain individuals only. See https://www.cdc.gov/vaccines/acip 		
Benefit	Interval	Requirements
Abdominal Aortic Aneurysm Screening	1 per lifetime	By ultrasonography in men ages 65-75 years who have ever smoked.
Adult Annual Standard Physical	1 per plan year	Adults , one (1) physical preventive exam per plan year.
Alcohol Misuse: Unhealthy Alcohol Use Screening and Counseling	1 per plan year	Screenings for unhealthy alcohol use in adults 18 years or older, including pregnant women, and providing persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce unhealthy alcohol use.
Aspirin: Preventive Medication	As prescribed	Adults ages 50 to 59 with high risk of cardiovascular diseases and for the primary prevention of cardiovascular disease and colorectal cancer. Low-dose aspirin (81 mg/d) as preventive medication for women after 12 weeks of gestation who are at high risk for preeclampsia.
Bacteriuria Screening	1 per plan year	Screening for asymptomatic bacteriuria with urine culture in pregnant women at 12 to 16 weeks' gestation or at the first prenatal visit, if later.
BRCA Risk Assessment and Genetic Counseling/Testing	1 per plan year	Screening to women who have family members with breast, ovarian, tubal, or peritoneal cancer with one of several screening tools designed to identify a family history that may be associated with an increased risk for potentially harmful mutations in breast cancer susceptibility genes (<i>BRCA 1</i> or <i>BRCA2</i>). Women with positive screening results should receive genetic counseling and, if indicated after counseling, BRCA testing.
Breast Cancer Preventive Medications	As prescribed	Risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors for women aged 35 years or older who are at increased risk for breast cancer and at low risk for adverse medication effects.
Breast Cancer Screening	Every 1-2 years	Screening mammography, with or without clinical breast examination (CBE), every 1-2 years for women aged 40 and older. Coverage limited to 2D mammograms only.

¹ Preventive Health Services, excluding those for newborn care, are not covered if they are provided at a hospital.

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Benefit	Interval	Requirements
Breastfeeding Support, Supplies and Counseling	In Conjunction with each birth	Interventions during pregnancy and after birth to support breastfeeding. Costs for renting breastfeeding equipment will be covered in conjunction with each birth.
Cervical Cancer Screening: with Combination of Cytology and Human Papilloma Virus (HPV) testing	1 time every 5 plan years	Women age 30 to 65 years with high-risk papillomavirus (hrHPV) testing alone, or in combination with cytology.
Cervical Cancer Screening: with Cytology (Pap Smear)	1 time every 3 plan years	Women age 21 to 65 years with cervical cytology alone.
Chlamydia Screening	1 per plan year	Sexually active women age 24 or younger and in women 25 years or older who are at increased risk infection.
Colorectal Cancer Screening	1 time every 5 plan years	All adults age 45 to 75 years.
Contraceptive Methods and Counseling	As prescribed	Food and Drug Administration (FDA) approved contraceptive methods, sterilization procedures, and patient education and counseling for all women with reproductive capacity, not including abortifacient drugs.
COVID-19 Tests and Vaccines	As prescribed	COVID-19 testing and vaccinations pursuant to the terms of, and for the duration required under, the Families First Coronavirus Response Act, the Coronavirus Aid, Relief, and Economic Security Act, and applicable guidance thereunder or related thereto.
Dental Caries Prevention: Infants and Children Up to Age 5	1 per plan year	Application of fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption and prescription of oral fluoride supplementation starting at age 6 months for children whose water supply is fluoride deficient.
Depression Screening	1 per plan year	Screening for major depressive disorder (MDD) in adolescents age 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up
		Screening for depression in the general adult population, including pregnant and postpartum women . Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow- up. Pregnant and postpartum persons at increased risk of perinatal depression should be refer to counseling interventions.
Fall Prevention: Older Adults	1 per plan year	Exercise interventions for community-dwelling adults age 65 years and older who are at increased risk for falls.
Folic Acid Supplementation for the Prevention of Neural Tube Defects	As prescribed	Daily supplement containing 0.4 to 0.8 mg (400 to 800µg) of folic acid for all women planning or capable of pregnancy.
Gestational Diabetes Screening	1 per plan year	Asymptomatic pregnant women after 24 weeks of gestation or after.

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Gonorrhea Screening	1 per plan year	Sexually active women aged 24 years or younger and in women 25 years or older who are at increased risk for infection.
Healthy Diet and Physical Activity Counseling to Prevent Cardiovascular Disease	1 per plan year	Adults with cardiovascular disease (CVD) risk factors to intensive behavioral counseling interventions to promote a healthy diet and physical activity
Healthy weight and weight gain in pregnancy	1 per plan year	Pregnant persons , effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy
Hemoglobinopathies Screening	1 per plan year	Screening for sickle cell disease in newborns .
Hepatitis B Virus Infection Screening	1 per plan year	Adolescent and adults at increased risk for infection. Pregnant women at their first prenatal visit.
Hepatitis C Virus (HCV) Infection Screening	1 per plan year	Adults aged 18 to 79 years.
High Blood Pressure Screening	1 per plan year	Screening for high blood pressure in adults aged 18 or older.
HIV Preexposure Prophylaxis for the Prevention of HIV Infection	As prescribed	Persons who are at high risk of HIV acquisition.
HIV Screening	1 per plan year	Adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened. Pregnant persons including those who present in labor, or at delivery and whose HIV status is unknown.
Hypertension in Adults	1 per plan year	Screening for hypertension in adults 18 years or older with office blood pressure measurement (OBPM).
Hypothyroidism Screening	1 per plan year	Screening for congenital hypothyroidism in newborns .
Intimate Partner Violence Screening	1 per plan year	Screening for intimate partner violence, in women of reproductive age and provide or refer women who screen positive to ongoing supporting services.
Latent Tuberculosis Infection Screening	1 per plan year	Screening for latent tuberculosis infection in populations at increased risk.
Lung Cancer Screening	1 per plan year	With low-dose computed tomography in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.
Obesity screening and Counseling	1 per plan year	To children and adolescents 6 years and older and offer or refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status. Clinicians should offer or refer adults with a body mass index (BMI) of 30 kg/m ² or higher to intensive, multicomponent behavioral interventions to prevent obesity-related morbidity and mortality in adults.
Ocular Gonorrhea Prophylactic for Gonococcal Ophthalmia	As prescribed	Prophylactic ocular topical medication for all newborns to prevent gonococcal ophthalmia neonatorum.
Osteoporosis Screening	1 per plan year	In women aged 65 and older and in postmenopausal women younger than 65 years who are at increased risk of osteoporosis.
Phenylketonuria Screening	1 per plan year	Screening for phenylketonuria in newborns .

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Preeclampsia Screening	1 per plan year	Pregnant women with blood pressure measurements throughout pregnancy.
Rh Incompatibility Screening: First Pregnancy Visit	1 per plan year	Rh (D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy - related care.
Prediabetes and Type 2 Diabetes Screening	1 per plan year	Screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.
RH Incompatibility Screening: 24–28 Weeks' Gestation	1 per plan year	Repeated Rh (D) antibody testing for all unsensitized Rh (D)-negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh (D) - negative.
Sexually Transmitted Infections Counseling	1 per plan year	Intensive behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections.
Skin Cancer Behavioral Counseling	1 per plan year	Counseling young adults, adolescents, children, and parents of young children about minimizing their exposure to ultraviolet radiation for persons aged 6 months to 24 years with fair skin types to reduce their risk for skin cancer.
Statin Preventive Medication	As prescribed	<p>Adults without a history of cardiovascular disease (CVD) (i.e., symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met:</p> <ol style="list-style-type: none"> 1) they are aged 40 to 75 years; 2) they have 1 or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater. Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults ages 40 to 75 years.
Syphilis Screening	1 per plan year	Persons who are at increased risk for infection.
		All pregnant women .
Tobacco Use Counseling and Interventions	2 per plan year	Provide behavioral interventions for cessation to all adults who use tobacco, advise them to stop using tobacco, and provide behavioral interventions, U.S. Food and Drug Administration (FDA) approved pharmacotherapy for cessation to adults who use tobacco is covered.
		Provide behavioral interventions for cessation to all pregnant persons who uses tobacco.
		Interventions, including education or brief counseling, to prevent initiation of tobacco use in school-aged children and adolescents .
Unhealthy Drug Use Screening	1 per plan year	Screening by asking questions about unhealthy drug use in adults 18 years or older. Screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred. (Screening refers to asking questions about unhealthy drug use, not testing biological specimens.)
Vision Screening	1 time every 2 plan years	All children aged 3 to 5 years to detect amblyopia or its risk factors.
Well-Woman Visits	1 per plan year	Women under 65 to obtain the recommended preventive services that are age and developmentally appropriate, including preconception care and many services necessary for prenatal care.
Well-Child Visits	1 per plan year	Children to obtain the recommended preventive services that are age and developmentally appropriate. (Covers 1 visit except as more frequently recommended for children under the age of 3 years.)

Immunizations

IMMUNIZATIONS - recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention for routine use in children, adolescents, or adults*

Birth Through Six Years Old		
Abbreviations	Vaccines	Age Requirements and Limitations
HepB	Hepatitis B	Ages 4 weeks- 2 months
		Ages 6 months- 18 months
DTaP	Diphtheria, tetanus, and acellular pertussis	Ages 15 months- 18 months
Hib	Haemophilus influenzae type b	Ages 12 months- 15 months
PCV13	Pneumococcal	Ages 12 months- 15 months
IPV	Poliovirus	Ages 6 months-18 months
Flu	Influenza (yearly)	Ages 6 months- 6 years
MMR	Measles, mumps, and rubella	Ages 12 months- 15 months
VAR	Varicella	Ages 12 months- 15 months
HepA	Hepatitis A	Ages 12 months-23 months (1st dose)
		Six months after the first dose (2nd dose)
RV	Rotavirus	Ages 2 months- 6 months (if recommended)

Children From Seven Through Eighteen Years Old		
Abbreviations	Vaccines	Age Requirements and Limitations
Flu	Influenza (yearly)	Ages 7 - 18 years
Tdap	Tetanus, diphtheria, and pertussis	Ages 11- 12 years
HPV	Human papillomavirus	Ages 11- 12 years (2 shots series) Note: A 3-shot series of HPV vaccine is needed for those with weakened immune systems and those who start the series at 15 years or older
MenACWY	Meningococcal	Ages 11- 12 years
MenACWY	Meningococcal Booster	Age 16 (recommended)
Dengue	Dengue vaccine	Ages 9-16 years who live in dengue endemic areas and have laboratory confirmation of previous dengue infection

Adults Nineteen Years or Older		
Abbreviations	Vaccines	Age Requirements and Limitations
IIV4	Influenza inactivated	Ages 19 ≥ 65 years (1 dose annually)
RIV4	Influenza recombinant	
LAIV4	Influenza live attenuated	Ages 19 - 49 years (1 dose annually)
Tdap or Td	Tetanus, diphtheria, and acellular pertussis	Ages 19 ≥ 65 years (1 dose Tdap, then TD or Tdap booster every 10 years)
MMR	Measles, mumps, and rubella	Ages 19 - 64 years - 1 or 2 doses depending on indication (if born in 1957 or later)
VAR	Varicella	Ages 19 -37 years - 2 doses (if born in 1980 or later)
RZV	Zoster recombinant	Ages 50 ≥ 65 years - 2 doses
HPV	Human papillomavirus	Ages 19 - 26 years - 2 or 3 doses depending on age at initial vaccination
PCV15, PCV20, PPSV23	Pneumococcal conjugate (PCV15, PCV20) Pneumococcal polysaccharide	Ages ≥ 65 years – 1 dose PCV15 followed by PPSV23 or 1 dose PCV20
HepB	Hepatitis B	Ages 19-60 years (2,3 or 4 doses depending on vaccine or condition)

* Immunization illustrations listed herein are based upon CDC recommendations contained in the following schedules: (i) Recommended Child and Adolescent Immunization Schedule (available at: <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>), and (ii) Recommended Adult Immunization Schedule (available at: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>). Additional immunization scenarios not included in the aforementioned illustrations (such as catch-up immunization recommendations, immunization recommendations for certain high-risk groups, and immunization recommendations subject to individual clinical decision-making) may also be covered under this Plan pursuant to CDC recommendation. Information concerning these additional covered immunization scenarios (including vaccine type, age requirements, and frequency) is available online under the CDC schedule links listed above. Paper copies of these CDC schedules can also be obtained free of charge by written request to the Plan Administrator.