

Routine exams, immunizations and screenings for members age 18 and older

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 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.

| | Gender | Age | Plan limit |
|---|--------|---------|----------------------|
| Preventive exams | | | |
| Routine physical exams and checkups | Both | 18+ | One per year |
| Health screenings and counseling | | | |
| Abdominal aortic aneurysm | Male | 65 – 75 | Once during lifetime |
| Aspirin to prevent colorectal cancer and cardiovascular disease | Both | 40 – 75 | NA |
| Behavioral counseling to prevent sexually transmitted infections | Both | All | NA |
| Chlamydia infection | Female | All | NA |
| Contraceptive counseling | Both | All | NA |
| Depression screening | Both | All | NA |
| Falls prevention (counseling and exercise) | Both | 65+ | NA |
| Folic acid screening and supplementation | Both | All | NA |
| Gonorrhea infection | Female | All | NA |
| Hepatitis C screening | Both | 18 – 79 | Once |
| HIV, PrEP for persons at high risk | Both | All | NA |
| HIV screening and counseling | Both | All | NA |
| Hypertension | Both | All | NA |
| Lipid disorders (dyslipidemia) screening | Both | 20+ | Once per year |
| Lung cancer screening for smokers | Both | 55 – 80 | NA |
| Obesity screening and counseling | Both | All | NA |
| Osteoporosis in postmenopausal women | Female | 60+ | Once every two years |
| Prevent tobacco use and tobacco-caused diseases | Both | All | NA |
| Primary care to promote a healthy diet | Both | All | NA |
| Screening and behavioral counseling interventions in primary care to reduce unhealthy alcohol use | Both | All | NA |
| Skin cancer prevention counseling | Both | <24 | NA |
| Statins to prevent cardiovascular disease | Both | 50 – 75 | NA |
| Syphilis infection | Both | All | NA |
| Tuberculosis screening in persons at increased risk | Both | All | NA |
| Type 2 diabetes melitus | Both | 18+ | NA |

Preventive services for adults

| | Gender | Age | Plan limit |
|--|--------|-------|----------------------------------|
| Immunizations | | | |
| Hepatitis A | Both | All | NA |
| Hepatitis B | Both | 18+ | NA |
| Human papillomavirus (HPV) | Both | 18-45 | NA |
| Influenza | Both | 18+ | NA |
| Measles, mumps and rubella (MMR) | Both | 18+ | NA |
| Meningococcal | Both | 18+ | NA |
| Pneumococcal | Both | 18+ | NA |
| Td/Tdap (tetanus/diphtheria/pertussis) | Both | 18+ | NA |
| Varicella (chickenpox) | Both | 18+ | NA |
| Zoster (shingles) | Both | 18+ | NA |
| Cancer screenings | | | |
| Breast cancer | Female | 40+ | Once a year |
| Cervical cancer via pap smear, or pap smear with HPV testing | Female | All | Once a year |
| Colorectal cancer (colonoscopy) | Both | 45+ | Once every 10 years |
| Colorectal cancer (fecal DNA) | Both | 45+ | Once every 3 years |
| Colorectal cancer (fecal occult) | Both | 45+ | Once a year |
| Colorectal cancer (sigmoidoscopy) | Both | 45+ | Once every five years |
| Counseling for chemoprevention of breast cancer | Both | All | NA |
| Counseling for genetic risk assessment and BRCA for breast and ovarian cancer susceptibility | Female | All | NA |
| Women's preventive care | | | |
| Asymptomatic bacteriuria screening | Female | All | Once per pregnancy |
| Breast cancer, medications for risk reduction | Female | 35+ | When at risk |
| Breastfeeding support, supplies and counseling are covered at a \$0 copay with no deductible. | Female | All | NA |
| Counseling and screening for HIV is covered at no cost during an annual well-woman visit for sexually active women. | Female | All | NA |
| Counseling and screening for interpersonal and domestic violence is covered at no cost during annual well-woman visits. | Female | All | NA |
| Counseling for sexually transmitted infections is covered at no cost during an annual well-woman visit for sexually active women. | Female | All | NA |
| FDA-approved generic contraceptives (i.e., oral, injectables or transdermal) are covered at a \$0 copay under your pharmacy or medical benefits. | Female | All | NA |
| Hepatitis B virus + | Female | All | Once per pregnancy, when at risk |
| Human papillomavirus (HPV) screening is covered at no cost with no age limit. | Female | All | NA |

➤ Preventive services for adults

| | Gender | Age | Plan limit |
|---|--------|-----|---------------|
| Women's preventive care (continued) | | | |
| Iron deficiency anemia | Female | All | None |
| Iron deficiency anemia – including iron supplementation for pregnant women | Female | All | NA |
| Lactation support and counseling are covered at no cost per pregnancy from a licensed provider (in a hospital or office). | Female | All | NA |
| Other contraceptives such as barrier devices (i.e., diaphragm, IUD or cervical cap) will be covered at a \$0 copay because no generics are available. Covered under your pharmacy or medical plan. | Female | All | NA |
| Plan B (morning after pill) is covered at a \$0 copay when prescribed by a doctor. If you need this medication quickly, a retail pharmacist may call the doctor to obtain the prescription for you. | Female | All | NA |
| Preeclampsia screening and prevention (aspirin) | Female | All | NA |
| Primary care counseling to promote breastfeeding | Female | All | NA |
| Rh (D) incompatibility | Female | All | NA |
| Screening for gestational diabetes is covered at no cost for pregnant women after 24 weeks of gestation, and during the first prenatal visit for pregnant women at high risk for diabetes. | Female | All | NA |
| Tobacco use counseling | Female | All | NA |
| Tubal ligation, also known as sterilization, is covered at no cost. Associated charges such as anesthesia, labs and so on are also covered at no cost. Any applicable exclusion periods continue to apply. Complications of the surgery are subject to standard medical benefits. | Female | All | NA |
| Two female condoms, the FC Condom and Reality Condom, will be covered as over-the-counter (OTC) contraceptive methods under your pharmacy benefit at a \$0 copay when prescribed by a physician. | Female | All | NA |
| Well-woman visits. Please refer to the Preventive exams section on page 1. | Female | All | Once per year |

This list is based on the recommendation of the U.S. Preventive Services Task Force and may change in order to be compliant with the Affordable Care Act. This list is in force for nongrandfathered plans. Some services listed here are covered based on how the provider bills the claim submitted to Moda Health. This list is a summary only. For a complete description of your benefits, please refer to your policy or your Member Handbook.