

Routine exams, immunizations and screenings for members

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, Health Resources and Services Administration, or Advisory Committee on Immunization Practices, and are consistent with the Affordable Care Act. These screenings and services are covered at no cost when performed by an in-network provider.

Preventive exams and well-woman visits

- 6 visits under age 1 year
- 7 visits between ages 1 and 4 years
- Once per year age 5 and older

Health screenings

Many screenings are performed during your preventive or well-woman visit. Some other covered screenings include:

- Breast cancer, once per year age 40 and older
- Cervical cancer, age 21 and older
- Colorectal cancer, age 45 and older, including fecal tests as often as every year or colonoscopy every 10 years
- Lung cancer, smoker age 50-80
- Newborn health
- Pregnancy health
- Sexually transmitted infections

Health counseling and interventions

Some examples include:

- Abdominal aortic aneurysm, men age 65-75
- Aspirin to prevent colorectal cancer, cardiovascular disease or preeclampsia
- Breast cancer genetic risk assessment and medications for risk reduction
- Breastfeeding support and supplies
- Cardiac risk assessment, age 11-18
- Contraception, including emergency contraception and sterilization. May be limited to generics.
- Falls prevention, age 65 and older
- Fluoride, oral, age 6 months to 5 years
- Folic acid supplement
- Tobacco use prevention and cessation
- Sexually transmitted infection counseling; PrEP if you are high risk for HIV
- Statins to prevent cardiovascular disease, age 50-75
- Weight-related counseling and interventions

> Preventive services under the Affordable Care Act

Immunizations

Including:

- Chickenpox
- COVID
- Flu
- Hepatitis A and B
- HPV (human papilloma virus)
- MMR (measles, mumps, rubella)
- Td, Tdap (tetanus, diphtheria, pertussis)
- Meningococcal
- Pneumococcal
- Polio
- RSV (respiratory syncytial virus)
- Shingles, age 50 and older

Age or other restrictions not listed here may apply. This list does not include all services covered under the Affordable Care Act. For a complete list of preventive services covered at no cost to you, go to [Preventive health services | HealthCare.gov \(healthcare.gov/coverage/preventive-care-benefits\)](https://www.healthcare.gov/coverage/preventive-care-benefits)

The state you live in may have coverage that is more generous than the minimum coverage outlined here. **See your member handbook for other details.**