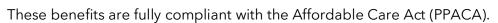


Your Preventive Health Benefits





Wellness/Preventive Health Exams

- **Men:** One per year
- Women: One per year with family physician, one per year with OB/GYN, if needed

Vaccinations

- Link to children ages birth to 6 years old vaccines*: https://www.cdc.gov/vaccines/imz-schedules/child-easyread.html
- Link to children ages 7 to 18 years old vaccines*: https://www.cdc.gov/vaccines/imz-schedules/adolescent-easyread.html
- Link to adult vaccines*: https://www.cdc.gov/vaccines/imz-schedules/adult-easyread.html

*Covid vaccination includes initial series or annual vaccination.

Services for Children				
Newborn Screening	As required by state law	Urinalysis	All ages	
Iron Screening and Supplementation	All ages	Hematocrit or Hemoglobin Screening	All ages	
Visual Acuity Screening	Through age 5	Lead Screening	For children at risk of exposure	
Oral Dental Screening	During PHB visit	Latent Tuberculosis Infection Screening	Children determined at risk	
Fluoride Supplement	Beginning age 6 months	Dyslipidemia Screening	All ages	
PCP Fluoride Application to Primary Teeth	Children through age 5	Depression Screening	Beginning age 12	
		Anxiety Screening	Beginning age 8	

Children's preventive health visits to include screenings & counseling for: Medical History, BMI & Obesity, Education & Counseling for Prevention of Tobacco Use, Behavioral Assessment, and Skin Cancer Prevention.

Services for Pregnant Women				
HIV Screening	1 per pregnancy			
Bacteriuria	Lab test			
Hepatitis B	Lab test			
Iron Deficiency Anemia Screening	Lab test			
Gestational Diabetes Screening (any time after 24 weeks)	Lab test			
Rh Incompatibility	Lab test			
Syphilis, Chlamydia, & Gonorrhea Screening	Lab test			
Group B Strep Screening	1 per pregnancy			
Healthy Weight & Weight Gain During Pregnancy	Screening & counseling			
Breast Feeding Interventions	Counseling, support & supplies			
Preeclampsia Screening	Blood pressure monitoring throughout pregnancy			
Folic Acid Supplement	Women capable of becoming pregnant			
Referral to Counseling	For pregnant & postpartum at risk for perinatal depression			
RSV Vaccination	1 per pregnancy			
Tdap Vaccination	1 per pregnancy			
Aspirin	At risk			

Services for All Women				
Contraceptive Methods	Covered unless religious exemption applies			
Age 21+, HPV DNA testing and/or Cervical Cytology	Every 3 years			
Breast Cancer Chemoprevention	At risk			
BRCA Risk Assessment and Appropriate Genetic Counseling/Testing				
Screening for Urinary Incontinence				

Adult Procedures and Services				
Bone Mineral Density Screening	Every 2 years age 65 or older OR every 2 years less than 65 with risk factors *			
Mammogram – including 3D	Baseline – women, once between ages 35-39 ** Yearly for women over 40			
Colorectal Cancer Screening – beginning age 45 sDNA- FIT (Cologuard) – every 1-3 years	CT Colonography every 5 years Flexible Sigmoidoscopy every 5 years OR every 10 years + FIT every year Colonoscopy Screening every 10 years			
Abdominal Aortic Aneurysm Screening	For men who have smoked – one time between ages 65-75			
Low Dose Aspirin	At risk initiate treatment ages 50-59			
Lung Cancer Screening	At risk – ages 50-80			
Statin Preventive Medication	At risk – ages 40-75			

Adult Labs				
Lipid Panel	Yearly			
Total Serum Cholesterol	Yearly			
Comprehensive Metabolic Panel **	Yearly			
PSA **	Yearly – men over 50			
Highly Sensitive Fecal Occult Blood Testing Or FIT	Yearly – after age 45			
sDNA-FIT (Cologuard)	Every 1-3 years after age 45			
FBG (Fasting Blood Glucose) / OGTT (Oral Glucose Tolerance Test)	Yearly			
Hgb A1C	2 per year			
HIV Testing	Yearly age 15 to 65 – age range may deviate based on risk			
Syphilis Screening	At risk			
Chlamydia Infection Screening	Yearly – all ages			
Gonorrhea Screening	Yearly – all ages			
Hepatitis B & Hepatitis C Screenings	Yearly			
Urinalysis **	Yearly			
Latent Tuberculosis Infection Screening	At risk			

^{*} Letter of Medical Necessity required

All adolescent and adult preventive health visits to include screenings and counseling for: Healthy diet and physical exercise – Intimate partner violence for men and women includes referral to behavioral health Obesity – Blood pressure includes intensive behavioral interventions for BMI > 30 Skin cancer prevention Sexually transmitted infections HIV infection pre-exposure prophylaxis Depression / Anxiety Tobacco and/or nicotine use and FDA approved medication Developmental / Behavioral assessment / Autism (as indicated) Risk for Falls (includes referral to exercise interventions for those at Unhealthy drug use – medical and nonmedical high risk for falls) Unhealthy alcohol use

The **Preventive Health Benefit Guidelines** are developed and periodically reviewed by our Quality Improvement Committee, a group of local physicians and health care providers. The QIC reviews recommendations and guidance from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices (ACIP) of the Center for Disease Control (CDC), and the Health Resources and Services Administration (HRSA). The QIC providers may also offer guidance based on relevant guidance from American Academy of Family Practice Standards, American College of OB/GYN Standards, American Cancer Society Recommendations, and American Academy of Pediatric Standards.

These recommendations were combined with input from local physicians, and the standard Preventive Health Benefit was developed. These standards and recommendations are reviewed biannually, and the benefits are updated in accordance with the Affordable Care Act (ACA) requirements.

Please note that your physician may recommend additional tests or screenings that are not included in this benefit. You may be financially responsible for routine screenings not listed in this brochure.

^{**} Added by SIHO QIC committee, in addition to ACA requirements