



# Your Preventive Health Benefits



These benefits are fully compliant with the Affordable Care Act (PPACA).

## 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 <b>OR</b> 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 <b>OR</b> 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

\*\* Added by SIHO QIC committee, in addition to ACA requirements

## All adolescent and adult preventive health visits to include screenings and counseling for:

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

A screening procedure performed when there is a family history or personal history of a condition (and which does not fall

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