



prevention

Preventive Care Benefits for Individuals

Preventive care is one of the most important steps you can take to manage your health. Routine preventive care can identify and address risk factors before they lead to illness. When you prevent illness, it helps reduce your healthcare costs. Work with your doctor to follow these guidelines and address specific health concerns for you and your family.

Child Preventive Care

Preventive Physical Exams and Screening Tests

- Vision screening
- Hearing screening for newborns
- Dental caries prevention
- Lead exposure screening
- Iron deficiency anemia screening
- Tuberculosis screening
- Cervical dysplasia screening
- Newborn screenings, including sickle cell anemia
- Screenings for heritable diseases in newborns
- Developmental and behavioral assessments
- Cholesterol and lipid level screening
- Depression screening
- Newborn gonorrhea prophylaxis
- Screening and counseling for obesity
- Behavioral counseling to promote a healthy diet
- Screening and counseling for sexually transmitted infections

Immunizations

- Hepatitis A and Hepatitis B
- Diphtheria, Tetanus, Pertussis (DTaP, Tdap)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal vaccine (pneumonia)
- Human Papillomavirus (HPV)
- Haemophilus influenza type B (Hib)
- Polio
- Measles, Mumps, Rubella (MMR)
- Meningococcal vaccine
- Rotavirus

Please Note: These recommendations are for your information only. They are not intended to be, and should not substitute for, professional medical advice, diagnosis or treatment from your treating medical professional. Decisions about care need to be individualized and should be made in concert with treating medical professionals. The information provided does not establish or imply coverage for any particular treatment or service. Any recommended treatment or services may not be covered. Eligibility and coverage depend on the specific terms and conditions of your benefit plan.

Adult Preventive Care

Preventive Physical Exams and Screening Tests

- Cholesterol and lipid level screening
- Depression screening
- Diabetes screening
- Screening and counseling for sexually transmitted infections
- HIV screening
- Colorectal cancer screening including fecal occult blood test, flexible sigmoidoscopy or colonoscopy (ages 40 to 75)
- Abdominal aortic aneurysm screening (males ages 65 to 75)
- High blood pressure screening

Counseling and Education Interventions

- Screening and counseling for obesity
- Behavioral counseling to promote a healthy diet
- Counseling related to aspirin use for the prevention of cardiovascular disease
- Screening and behavioral counseling related to tobacco use
- Screening and behavioral counseling related to alcohol abuse

Immunizations

- Hepatitis A and Hepatitis B
- Tetanus, Diphtheria, Pertussis (Td, Tdap)
- Influenza (flu shot)
- Pneumococcal vaccine (pneumonia)
- Human Papillomavirus (HPV)
- Measles, Mumps, Rubella (MMR)
- Meningococcal vaccine
- Herpes Zoster (shingles)

Women's Services

- Well woman visit
- HPV DNA Testing
- Cervical cancer screening (Pap test)
- Breast cancer screening (Mammogram)
- Discussion of chemoprevention with women at high risk for breast cancer
- Bone density test to screen for osteoporosis
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, gonorrhea, Chlamydia, iron deficiency anemia, alcohol misuse, tobacco use, HIV, gestational diabetes)
- Breast and ovarian cancer susceptibility screening
- Primary care intervention to promote breastfeeding
- Breastfeeding counseling and rental of breast pumps up to the purchase price
- Up to 20 visits for lactation classes
- FDA-approved contraception methods for women, including sterilization
- Screening and counseling for interpersonal and domestic violence

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