



# Preventive Care Guide

## For All Health Plan Members

**What this means for you.** Preventive care is routine health care that focuses on maintaining your health and preventing disease. This can include annual physical examinations, screenings, and immunizations designed to prevent illness, disease and health-related problems before you have any symptoms.

**Talk to your doctor.** Ask your physician about screenings that might be appropriate for you.

**Your preventive care.** The following lists include information on services that are considered preventive care under the Affordable Care Act (ACA). Your health plan will provide these services without cost-sharing (such as deductibles, coinsurance, or copayments) as long as these services are provided by in-network doctors. Some services may be covered under your medical plan, and others may be covered under your prescription drug plan. Certain non-preventive services or supplies provided at the time of a preventive care office visit may still be subject to deductibles, etc. For specific coverage information, refer to the terms of your plan document.

**Still have questions?** Call the phone number on the back of your ID card to speak with a customer service representative or visit your member portal at [www.webtpa.com](http://www.webtpa.com)

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## Preventive Care Services for Adults

Abdominal Aortic Aneurysm	Screening for men aged 65–75 years who have ever smoked
Alcohol Misuse	Screening and counseling for all adults
Aspirin	To prevent cardiovascular disease and colorectal cancer for adults aged 50–79 years with a high cardiovascular risk
Blood Pressure (Hypertension)	Screening for adults aged 18 years or older  Blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment
Colorectal Cancer	Screening for adults aged 45–75 years
Depression	Screening for adults
Diabetes (Type II)	Screening for prediabetes and Type II Diabetes in adults aged 35–70 years who are overweight or obese
Healthy Diet	Counseling adults at higher risk for diet related chronic diseases
Hepatitis B	Screening for adults at high risk for infection
Hepatitis C	Screening for adults aged 18–79 years
HIV (Human Immunodeficiency Virus)	Screening for everyone aged 15–65 years and other ages at increased risk
HIV Preexposure Prophylaxis	Persons who are at high risk of HIV acquisition
Latent Tuberculosis Infection	Screening for all adults at increased risk
Lung Cancer	Adults aged 55–80 years who have a 20 pack per year smoking history and who currently smoke or who have quit within the past 15 years
Obesity-Related Morbidity	Prevention for adults with a BMI of 30 or higher
Falls in Older Adults	Prevention for adults aged 65 years and older in community dwellings
Prostate Cancer	Screening for men aged 40 years and older
Sexually Transmitted Infection (STI)	Prevention counseling for adults at higher risk
Statin Use for Prevention of Cardiovascular Disease (CVD)	Adults aged 40–75 years with no history of CVD, one or more risk factors and a calculated 10-year CVD event risk of 10% or higher
Syphilis	Screening for all adults at higher risk
Tobacco Use Cessation	Screening for all adults, and behavioral interventions and FDA approved cessation products for adults who use tobacco

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## Additional Preventive Care Services for Women

Anemia	Screening during pregnancy
Anxiety	Screening in adolescents and adult women, including those who are pregnant and postpartum
Asymptomatic Bacteriuria (Urinary Tract Infection)	Screening during pregnancy
Breast Cancer Genetic Test (BRCA)	Counseling for women at increased risk for breast cancer; includes genetic counseling and testing if deemed appropriate by a treating physician
Breast Cancer Mammography	Annually, for women over 40
Breast Cancer Preventive Medication	Women aged 35 years or older at increased risk for breast cancer
Breastfeeding Comprehensive Support and Counseling	Women during pregnancy and after birth
Cervical Cancer / Human Papillomavirus (HPV)	Screening and testing for women aged 21–29 years, every 3 years with cervical cytology along. Women aged 30–65 years, every 3 years with cervical cytology alone; every 5 years with HPV testing alone; or every 5 years with HPV / Cytology cotesting
Chlamydia Infection Screening	Screening for sexually active women aged 24, and younger women at higher risk, including pregnant persons
Contraception	Available for women with reproductive capacity
Folic Acid	Supplements for women who may become pregnant
Gestational Diabetes	Screening for women 24 weeks pregnant and those at high risk of developing gestational diabetes
Gonorrhea Screening	Screening for sexually active women aged 24, and younger and older women at higher risk, including pregnant persons
Healthy Weight and Weight Gain During Pregnancy	Counseling aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy
Hepatitis B	Screening for pregnant women at their first prenatal visit
HIV	Screening and counseling for all sexually active women; screening for all pregnant women, including those who present in labor who are untested and whose HIV status is unknown
Interpersonal and Domestic Violence	Screening and counseling for all women
Obesity Prevention in Midlife Women	Counseling midlife women aged 40 to 60 with normal or overweight Body Mass Index (BMI) (18.5-29.9 kg/m <sup>2</sup> ) to maintain weight or limit weight gain to prevent obesity

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## Additional Preventive Care Services for Women

Osteoporosis	Screening for women over age 65 and postmenopausal women younger than 65 years
Perinatal Depression	Counseling and intervention for pregnant or postpartum women who are at increased risk
Preeclampsia	Prevention and screening for pregnant women who are at high risk after 18 weeks of gestation; low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia
Rh(D) Incompatibility	Screening for pregnant women during first pregnancy related visit and at 24 to 28 weeks gestation
Sexually Transmitted Infection	Counseling for all sexually active women, annually
Syphilis	Screening for all pregnant women
Expanded Tobacco Intervention/ Counseling	Screening for pregnant women, with expanded counseling and behavioral interventions for cessation for pregnant tobacco users

\*Subject to the terms of your plan's coverage, a prescription may be required for equipment and supplies, and you may be required to obtain them through in-network providers. Precertification may be required for certain types of equipment.

†Subject to the terms of your plan's coverage, cost sharing may be applied for brand name contraceptive products where generic alternatives are available. In order for certain medications and products, including over-the-counter medications, to be covered, a prescription from your physician may be required.

‡These guidelines do not apply with respect to group health plans maintained or established by Objecting Organizations. See Federal Register Notice: Religious Exemptions and Accommodations for Coverage of Certain Preventive Services under the Affordable Care Act.

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## Preventive Care Services for Children

Alcohol, Tobacco & Drug Use	Assessments for adolescents
Anemia	Screening for children through age 21
Autism Screening/Developmental Screening	Children at intervals through 30 months
Behavioral Evaluation	Assessments for children and adolescents at intervals through age 21
Bilirubin Concentration	Screening for newborns
Depression	Screening for adolescents aged 12-21 years
Dyslipidemia	Screening for children at high risk for lipid disorders or at intervals through age 21
Fluoride	Supplements for children aged 0–5 years
Gonorrhea	Preventive medication for the eyes of all newborns
Hearing	Screening for children with a positive risk assessment, or at intervals through age 21
HIV	Screening for adolescents at higher risk
Lead	Screening for children at intervals to 6 years, based on risk assessment
Newborn Screenings	Hearing Screening Hypothyroidism Screening Phenylketonuria Screening Sickle Cell Screening
Obesity	Screening and counseling for children aged 6 years and older
Sexually Transmitted Infections	Screening conducted if risk assessment is positive between ages 11-21 years and counseling for sexually active adolescents
Skin Cancer	Behavioral counseling for children/adolescents/young adults aged 6 months to 24 years who are at risk
Interventions to Prevent Tobacco Use	School age children and adolescents
Tuberculosis (TB)	Testing for children and adolescents at increased risk at intervals through age 17
Vision	Screening for all children aged 3–5 years

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## Preventive Care Services for Children Contd.

Immunizations (Age requirements may vary)	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B Hepatitis A Hepatitis B Human Papillomavirus (HPV) Inactivated Poliovirus Influenza (Flu Shot) Measles, Mumps, Rubella Meningococcal Pneumococcal Rotavirus Varicella (Chicken Pox), Zoster (Shingles) COVID-19 (Under FDA's Emergency Use Authorization)
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These preventive health services guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices (ACIP) for immunizations, and evidence-informed preventive care and screening guidelines supported by the Health Resources and Services Administration (HRSA) for infants, children, and adolescents and for women. For ACA compliance purposes, this list may not be comprehensive, and as new guidelines and recommendations are issued, new services will be required to be covered. Always discuss your particular preventive care needs with your physician.