

PREVENTIVE CARE SERVICES

Detailed descriptions



How often and what kind of preventive care services you need depends upon your age, gender, health, and family history. Not all items on this list are covered benefits for all products or groups with Blue Cross or Blue Plus. Coverage for certain items and services may only be provided for plan and policy years after a certain date. Pharmacy coverage may differ for members with pharmacy benefit managers other than Prime Therapeutics. This list may not represent all possible tests or benefits, and ***inclusion of a service or item on this list does not guarantee coverage***. Check your health plan benefits or call the number on the back of your member ID card for details on coverage. Additional requirements may apply. Tests ordered during a preventive visit that are not considered preventive care may be subject to deductibles, copays and/or coinsurance. Additionally, treatment or tests for an existing condition or illness are not preventive care and are subject to deductibles, copays and/or coinsurance. Make sure to review all tests with your healthcare provider for medical necessity.

CATEGORY	DESCRIPTION
GENERAL PREVENTIVE CARE	
Preventive medical exams and counseling	<p>Preventive physical/medical exam – age and gender appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions.</p> <p>May include (not an all-inclusive, or restrictive, list, and additional requirements may apply):</p> <ul style="list-style-type: none"> • Blood pressure measurement • Skin cancer counseling to reduce ultraviolet (UV) ray exposure • Skin exam – for melanomas, sores, lesions • Aspirin use and counseling for certain people with elevated cardiovascular disease risk <ul style="list-style-type: none"> ◦ Aspirin for men (45 – 79) and women (55-79) with a prescription in-network • Prostate cancer digital rectal exam, depending on risk assessment according to the healthcare provider. • Domestic violence screening and counseling • Height, weight, body mass index (BMI)
CARDIOVASCULAR, METABOLIC SCREENING TESTS, AND CHRONIC CARE TESTS/DEVICES (CERTAIN MEN AND WOMEN)	
Abdominal aortic aneurysm (AAA) ultrasound	Ultrasound screening
Cholesterol (lipid) profile	Cholesterol, High-density lipoprotein (HDL) and Low-density lipoprotein (LDL) testing for individuals diagnosed with heart disease. Depending on age and risk assessment.
Diabetes screening test	Blood glucose, glucometer for individuals diagnosed with diabetes, hemoglobin A1C, and retinopathy screening tests

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CATEGORY	DESCRIPTION
CARDIOVASCULAR, METABOLIC SCREENING TESTS, AND CHRONIC CARE TESTS/DEVICES (CERTAIN MEN AND WOMEN) (Continued)	
Asthma management	Peak flow testing (peak flow meter)
Liver disease and/or bleeding disorder management	International normalized ratio (INR) testing
COUNSELING AND CLINICAL ASSESSMENT OR SCREENING	
Alcohol, drug and tobacco misuse	<p>May include:</p> <ul style="list-style-type: none"> • Screening and counseling to reduce alcohol use • Drug use assessment • Screening and counseling to prevent tobacco use and tobacco-caused disease <ul style="list-style-type: none"> ○ Tobacco cessation counseling sessions ○ FDA-approved tobacco cessation medications, when prescribed and provided in-network
Blood infection	Hepatitis B & C virus (HBV and HCV) screening
Depression	Screening for depression
Intimate Partner Violence	<p>May include:</p> <ul style="list-style-type: none"> • Counseling and screening for interpersonal and intimate partner violence
Nutrition, healthy weight, and physical activity	<p>May include:</p> <ul style="list-style-type: none"> • Behavioral counseling in primary care to promote a healthy diet for adults • Falls prevention counseling for older adults • Nutrition counseling • Screening and counseling for obesity
Lung infection	Tuberculosis (TB) screening
Sexually transmitted infections (STI), risk reduction counseling and screening	<p>May include:</p> <ul style="list-style-type: none"> • Human immunodeficiency virus (HIV) • Chlamydia • Gonorrhea • Syphilis
Vision* and hearing	<p>Vision screening – glaucoma, acuity, refraction</p> <p>Hearing screening – screening test, audiometry and pure tone</p>

*Note - The preventive vision benefit only applies for employer-sponsored health plans. There is no coverage for adult routine eye exams in non-grandfathered individual health plans.

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CATEGORY	DESCRIPTION
IMMUNIZATIONS	
For details on doses, recommended ages, and recommended populations, see prevention guidelines at cdc.gov/vaccines/schedules . Listed below are most commonly utilized immunizations – list may not be all inclusive	
Tetanus, diphtheria, pertussis, poliovirus vaccines	May be offered singly or grouped
Influenza vaccines	
Varicella (chickenpox) vaccines	
Hepatitis A vaccines	
Hepatitis B vaccines	
Human papillomavirus (HPV) vaccines	
Measles, mumps, rubella (MMR) vaccines	
Pneumonia vaccines	
Meningitis vaccines	
Zoster (herpes shingles) vaccines	
Rotavirus vaccines	
CANCER SCREENING TESTS	
Colorectal cancer screening	<p>May include one or more of the following:</p> <ul style="list-style-type: none"> • Stool occult blood (once/year) • Air contrast barium enema • Sigmoidoscopy/Flexible – sigmoidoscopy • Proctosigmoidoscopy • Colonoscopy • Stool DNA • CT Colonography • Bowel preparations (pharmacy benefit)
Lung cancer screening	Ages 55 to 80 using low – dose computed tomography (LDCT)
Prostate cancer screening	<p>May include:</p> <ul style="list-style-type: none"> • Digital rectal exam (DRE) usually performed as part of preventive medical exam • Prostate-Specific Antigen (PSA) – when appropriate as determined by the physician based on individual risk.

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CATEGORY	DESCRIPTION
WOMEN'S HEALTH (ALSO SEE PREGNANCY-RELATED)	
Preventive gynecological exam	Preventive physical/medical exam – age appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions. May include evaluation of breasts and abdomen as well as pelvic exam.
Well-woman visits	Ages 12 to 64.
Contraceptive methods and counseling	Counseling for contraception and specific FDA-approved contraceptives, including over the counter, when prescribed and provided in-network. Religiously exempt groups and certain plans may exclude this benefit.
Counseling for BRCA and BRCA testing	For women at elevated risk for breast and ovarian cancer, based on medical necessity; may be part of "well-woman visit." BRCA lab tests for women at elevated risk. Eligibility subject to medical necessity criteria in Blue Cross medical policy "Genetic Testing for Hereditary Breast and/or Ovarian Cancer Syndrome (VI-16)"
Counseling regarding and use of medication to reduce risk of breast cancer	For women at elevated risk; may be part of "well-woman visit" Generic Tamoxifen and raloxifene ages 35 and older with a prescription when medically necessary and provided in-network.
Osteoporosis screening	Bone density measurement (once/year)
Cervical cancer screening	May include: <ul style="list-style-type: none"> Pap test
Breast cancer screening	Mammogram, two dimensional (2D (conventional)) or three dimensional (3D), unilateral or bilateral (once/year)

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CATEGORY	DESCRIPTION
PREGNANCY-RELATED	
Breastfeeding support, supplies and counseling	May include: <ul style="list-style-type: none"> • Primary care interventions to promote breastfeeding • Breastfeeding support supplies and counseling, including coverage of purchase of a manual breast pump
Routine prenatal tests	May include: <ul style="list-style-type: none"> • Gestational diabetes mellitus screening • Presence of bacteria in the urine • Hepatitis B • Iron-deficiency anemia • Screening for RH incompatibility
Alcohol, drug and tobacco misuse assessment and counseling, preventive medicine counseling and/or risk factor reduction interventions	May include: <ul style="list-style-type: none"> • Screening and counseling to reduce alcohol misuse • Drug use assessment • Screening and counseling to prevent tobacco use and tobacco-caused disease <ul style="list-style-type: none"> ○ Tobacco counseling during pregnancy ○ FDA-approved tobacco cessation medications, when prescribed and provided in-network ○ Preventive medicine counseling and/or risk factor reduction interventions
Sexually transmitted infections (STI), risk reduction and screening	May include: <ul style="list-style-type: none"> • Human immunodeficiency virus (HIV) • Chlamydia • Gonorrhea • Syphilis
Counseling for folic acid supplementation	For women planning pregnancy; may be part of "well-woman visit" Folic acid supplements for women with a prescription when provided in-network

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CATEGORY	DESCRIPTION
CHILDREN AND ADOLESCENTS	
Preventive medical exam for children and adolescents (Bright Futures)	<p>Preventive physical/medical exam – age and gender appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions.</p> <p>May include the following benefits (not an all-inclusive, or restrictive, list):</p> <ul style="list-style-type: none"> • Blood pressure screening • Skin cancer counseling to reduce ultraviolet (UV) ray exposure • Skin exam – for melanomas, sores, lesions • Iron supplementation recommendation for children at increased risk for iron-deficiency anemia <ul style="list-style-type: none"> ○ Iron supplements for children ages 6 – 12 months ○ Sickle cell screening • Family violence screening and counseling • Height, weight, body mass index (BMI) • Safety and injury prevention • Assessment of risk of lead exposure
Depression screening	Screening for depression
Nutrition, healthy weight and physical activity	<p>May include:</p> <ul style="list-style-type: none"> • Behavioral counseling in primary care to promote a healthy diet • Nutrition counseling • Screening and counseling for obesity
Vision and hearing	<ul style="list-style-type: none"> • Vision screening – glaucoma, acuity, refraction • Hearing screening – screening test, audiometry and pure tone
Behavioral health assessment	<p>Includes:</p> <ul style="list-style-type: none"> • Alcohol, drugs and tobacco • Intellectual and mental disorders • Depression • Behavioral Health Assessment
Tooth decay and cavity prevention	<ul style="list-style-type: none"> • Fluoride supplements for children whose water supply lacks fluoride, ages 6 months to 6 years old with a prescription. • Topical application of fluoride varnish birth through 6 years old
Tuberculosis testing	Testing for tuberculosis (TB) for children

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