

Covered Preventive Services



Please bring this list to your provider to see what services you qualify for. The following preventive services are provided at no cost to you when delivered by an in-network provider. These guidelines are based on the U.S. Preventive Services Task Force A and B recommendations. They may not apply for grandfathered plans or Medicare Supplement policies.

ALL ADULTS 18 YEARS AND OLDER

- Aspirin for adults 50 to 59 years of age with a 10% or higher 10-year cardiac risk
- Blood pressure screening for all adults
- Cholesterol preventive medication (low to moderate dose statins) to prevent heart events in adults 40 to 75 years of age with one or more risk factors and a 10% or higher 10-year cardiac risk
- Cholesterol screening in adults 40 to 75 years of age (covered annually with screening diagnosis)
- Colorectal cancer screening (including bowel prep) beginning at age 45 and continuing until age 75
 - Cologuard (once every 3 years with covered preventive diagnosis)
 - Colonoscopy (once every 10 years)
 - CT colonography (once every 5 years)
 - Fecal occult blood test (annually)
 - Flexible sigmoidoscopy (once every 5 years)
- Depression screening for adults
- Diabetes and prediabetes screening in adults (covered annually with a screening diagnosis)
- Diet and exercise counseling in adults who are overweight or obese and have heart disease risks
- Fall prevention in adults 65 years of age and older who are at increased risk of falls (with exercise intervention)
- Hepatitis B screening in adults at high risk of infection
- Hepatitis C screening (one time) in all adults
- Human immunodeficiency screening in adults up to 65 years of age and those at high risk of infection (covered annually)
- Human immunodeficiency virus pre-exposure prophylaxis in adults not currently infected with HIV who are at high risk of acquiring HIV infection
- Immunizations recommended by the Centers for Disease Control and Prevention, including:
 - COVID-19
 - HPV (3 doses per lifetime, 9-45 years of age)
 - Influenza (annually)
 - Meningococcal
 - Pneumococcal
 - Tdap or Td
 - Zoster (2 doses, 50 years of age and older)
- Lung cancer screening in adults 50 to 80 years of age with a 20 pack-year smoking history who currently smoke or have quit within the past 15 years
- Obesity screening and counseling in adults
- Sexually transmitted infection counseling in adults who are at risk
- Skin cancer counseling in adults up to 24 years of age who have fair skin to reduce their risk of skin cancer
- Syphilis screening for adults at high risk of infection (covered annually)
- Tobacco use counseling and interventions in all adults
- Tuberculosis screening in those at high risk of infection
- Unhealthy alcohol and drug use screening and counseling in adults at risk
- Well care visits (covered annually with a screening diagnosis)

ADULT MALES

- Abdominal aortic aneurysm screening (one time) for men 65 to 75 years of age who have ever smoked
- Prostate cancer screening (covered annually for men 45-49 years of age for high risk diagnosis, covered annually for those 50 years of age and older with screening diagnosis)

CHILDREN AND ADOLESCENTS

- Anemia screening in children 0 to 12 months of age
- Autism screening in children 18 and 24 months of age
- Behavioral assessments, periodically, in children 0 to 17 years of age
- Bilirubin screening for all newborns
- Blood pressure screening, periodically
- Cholesterol screening in children at higher cardiac risk
- Congenital heart defect screening (by pulse oximetry) in all newborns
- Depression screening in children 12 to 17 years of age
- Developmental screening in children 0 to 30 months of age
- Fluoride supplements for children 6 months to 5 years of age whose water supply lacks fluoride
- Fluoride varnish to the primary teeth in primary care or dental practices
- Gonorrhea prevention by application of eye topical medication for all newborns
- Hearing screening for all newborns and adolescents (limitations apply)
- Hepatitis B screening in children at high risk of infection
- Human immunodeficiency screening in children 15 years of age and older and those at high risk of infection (covered annually)
- Immunizations recommended by the Centers for Disease Control and Prevention, including:
 - COVID-19
 - DTaP, Tdap, or Td
 - Haemophilus influenza B (HIB)
 - Hepatitis A
 - Hepatitis B
 - HPV (3 doses per lifetime, 9-45 years of age)
 - Influenza (annually)
 - Meningococcal
 - MMR
 - Pneumococcal
 - Polio (IPV)
 - Rotavirus (3 doses, prior to age 1)
 - Varicella (2 doses per lifetime)
- Lead screening for children at risk of exposure
- Newborn blood screening (including hypothyroidism, PKU, sickle cell disease and spinal muscular atrophy) in all newborns
- Obesity screening and counseling for children 6 years of age and older
- Sexually transmitted infection screening and counseling in adolescents who are at risk
- Skin cancer counseling in children and adolescents who have fair skin to reduce their risk of skin cancer
- Tobacco use counseling and interventions, including education, in all school-aged children and adolescents

- Tuberculosis screening for children at high risk of infection
- Unhealthy alcohol and drug use screening and counseling in adolescents who are at risk
- Vision screening (one time) for all children between 3 to 5 years of age
- Well child visits (covered at 3-5 days old, 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months and then annually at 3 years of age and older with screening diagnosis)

ADULT FEMALES INCLUDING PREGNANT WOMEN

- Aspirin for women who are 12 weeks gestation or more who are at risk of preeclampsia
- Bacteriuria screening for pregnant women 12 to 16 weeks gestation or at first prenatal visit
- Blood pressure checks throughout pregnancy to screen for preeclampsia
- BRCA risk assessment in women with a personal or family history of breast, ovarian, tubal or peritoneal cancer or ancestry associated with BRCA1/2 gene mutations
- Breast cancer preventive medications for those who are at increased risk of breast cancer
- Breast cancer screening mammography (covered once between 35-39 years of age for baseline, covered annually for women 40 years of age and older)
- Breastfeeding counseling and intervention during pregnancy and after birth
- Cervical cancer screening every 3 years in women 21 to 65 years of age, including human papillomavirus testing starting at age 30
- Chlamydia infection screening in women 24 years of age and younger and older women at increased risk (covered annually)
- Contraceptive methods approved by the Food and Drug Administration for females, including education and counseling
- Depression risk assessment in pregnant and postpartum women
- Folic acid supplementation (0.4 to 0.8 mg) in women who plan on or are capable of becoming pregnant
- Gestational diabetes screening in pregnant women after 24 weeks of gestation
- Gonorrhea screening in all sexually active women 24 years of age or younger and older women who are at risk (covered annually)
- Healthy weight gain counseling and interventions in pregnant women
- Hepatitis B screening in pregnant women at their first prenatal visit
- Human immunodeficiency screening in all pregnant women
- Intimate partner violence screening in women of childbearing age
- Osteoporosis screening in women (once, 50 years and older)
- Rh incompatibility screening for pregnant women during their first pregnancy-related visit and at 24 to 28 weeks in women who are Rh negative
- Syphilis screening for all pregnant women
- Tobacco use counseling and interventions in pregnant women
- Well women exam (covered annually, including pap smear, with screening diagnosis)