

# PREVENTIVE CARE RECOMMENDATIONS

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.

CATEGORY	DESCRIPTION
<b>GENERAL PREVENTIVE CARE</b>	
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"> <li>• Blood pressure measurement</li> <li>• Skin cancer counseling to reduce ultraviolet (UV) ray exposure</li> <li>• Skin exam – for melanomas, sores, lesions</li> <li>• Aspirin use and counseling for certain people with elevated cardiovascular disease risk                             <ul style="list-style-type: none"> <li>○ Aspirin for men (45 – 79) and women (55-79) with a prescription in-network</li> </ul> </li> <li>• Prostate cancer digital rectal exam</li> <li>• Domestic violence screening and counseling</li> <li>• Height, weight, body mass index (BMI)</li> </ul>
<b>CARDIOVASCULAR AND METABOLIC SCREENING TESTS (CERTAIN MEN AND WOMEN)</b>	
Abdominal aortic aneurysm (AAA) ultrasound	Ultrasound screening
Cholesterol (lipid) profile	Cholesterol, HDL and LDL tests
Diabetes screening test	Blood glucose and A1C tests

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CATEGORY	DESCRIPTION
<b>COUNSELING AND CLINICAL ASSESSMENT OR SCREENING</b>	
Alcohol, drug and tobacco misuse	<p>May include:</p> <ul style="list-style-type: none"> <li>• Screening and counseling to reduce alcohol misuse</li> <li>• Drug use assessment</li> <li>• Screening and counseling to prevent tobacco use and tobacco-caused disease <ul style="list-style-type: none"> <li>○ Tobacco cessation counseling sessions</li> <li>○ FDA-approved tobacco cessation medications, when prescribed and provided in-network</li> </ul> </li> </ul>
Blood infection	Hepatitis B & C virus (HBV and HCV) screening
Depression	Screening for depression
Domestic violence	<p>May include:</p> <ul style="list-style-type: none"> <li>• Counseling and screening for interpersonal and domestic violence</li> </ul>
Nutrition, healthy weight, and physical activity	<p>May include:</p> <ul style="list-style-type: none"> <li>• Behavioral counseling in primary care to promote a healthy diet for adults with hyperlipidemia and other risk factors</li> <li>• Falls prevention counseling for older adults at increased risk <ul style="list-style-type: none"> <li>○ Vitamin D supplements for men and women 65 and older with a prescription</li> </ul> </li> <li>• Nutrition counseling</li> <li>• Screening and counseling for obesity (specifically, screening for and management of obesity)</li> </ul>
Lung infection	Latent Tuberculosis (TB) screening
Sexually transmitted infections (STI), risk reduction counseling and screening	<p>May include:</p> <ul style="list-style-type: none"> <li>• Human immunodeficiency virus (HIV)</li> <li>• Chlamydia</li> <li>• Gonorrhea</li> <li>• Syphilis</li> </ul>
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
<b>IMMUNIZATIONS</b>	
For details on doses, recommended ages, and recommended populations, see prevention guidelines at <a href="http://healthandwellness.bluecrossmn.com">healthandwellness.bluecrossmn.com</a> . 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	
<b>CANCER SCREENING TESTS</b>	
Colorectal cancer screening	<p>May include one or more of the following:</p> <ul style="list-style-type: none"> <li>• Stool occult blood (once/year)</li> <li>• Air contrast barium enema</li> <li>• Sigmoidoscopy/Flexible – sigmoidoscopy</li> <li>• Proctosigmoidoscopy</li> <li>• Colonoscopy</li> <li>• Cancer screening exam, including sedation</li> <li>• Stool DNA</li> <li>• CT Colonography</li> <li>• Bowel preparations (pharmacy benefit)</li> </ul>
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"> <li>• Prostate specific antigen (PSA) test (once/year)</li> <li>• Digital rectal exam (DRE) usually performed as part of preventive medical exam</li> </ul>

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CATEGORY	DESCRIPTION
<b>WOMEN'S HEALTH (ALSO SEE PREGNANCY-RELATED)</b>	
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: thyroid, breasts and abdomen as well as pelvic exam.
Well-woman visit	Ages 12 to 64.  May include services such as: <ul style="list-style-type: none"> <li>• Hepatitis B screening</li> <li>• Osteoporosis screening</li> <li>• Sexually transmitted infection (STI) screening</li> </ul>
Contraceptive methods and counseling	Ages 12 to 64. 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 as a preventive benefit 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 provided in-network.
Osteoporosis screening	Bone density measurement (once/year)
Cervical cancer screening	May include: <ul style="list-style-type: none"> <li>• Pap test</li> <li>• Human papillomavirus (HPV) test (women 30 and older)</li> </ul>
Breast cancer screening	Mammogram, two dimensional (2D (conventional)) or three dimensional (3D), unilateral or bilateral (once/year)
Ovarian cancer screening	May include: <ul style="list-style-type: none"> <li>• CA-125 (once/year)</li> <li>• Transvaginal ultrasound (once/year)</li> </ul>

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<b>PREGNANCY-RELATED</b>	
Breastfeeding support, supplies and counseling	May include: <ul style="list-style-type: none"> <li>• Primary care interventions to promote breastfeeding</li> <li>• Breastfeeding support supplies and counseling, including coverage of purchase of a manual breast pump</li> </ul>
Routine prenatal tests	May include: <ul style="list-style-type: none"> <li>• Gestational diabetes mellitus screening</li> <li>• Presence of bacteria in the urine</li> <li>• Hepatitis B</li> <li>• Iron-deficiency anemia</li> <li>• Iron supplements for women with a prescription when provided in-network</li> <li>• Screening for RH incompatibility</li> </ul>
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"> <li>• Screening and counseling to reduce alcohol misuse</li> <li>• Drug use assessment</li> <li>• Screening and counseling to prevent tobacco use and tobacco-caused disease               <ul style="list-style-type: none"> <li>○ Tobacco counseling during pregnancy</li> <li>○ FDA-approved tobacco cessation medications, when prescribed and provided in-network</li> </ul> </li> <li>○ Preventive medicine counseling and/or risk factor reduction interventions</li> </ul>
Sexually transmitted infections (STI), risk reduction and screening	May include: <ul style="list-style-type: none"> <li>• Human immunodeficiency virus (HIV)</li> <li>• Chlamydia</li> <li>• Gonorrhea</li> <li>• Syphilis</li> </ul>
Counseling for folic acid supplementation	For women planning pregnancy; may be part of "well-woman visit" Folic acid supplements for women ages 12 – 64 with a prescription when provided in-network

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CATEGORY	DESCRIPTION
<b>CHILDREN AND ADOLESCENTS</b>	
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"> <li>• Blood pressure screening</li> <li>• Skin cancer counseling to reduce ultraviolet (UV) ray exposure</li> <li>• Skin exam – for melanomas, sores, lesions</li> <li>• Iron supplementation recommendation for children at increased risk for iron-deficiency anemia               <ul style="list-style-type: none"> <li>◦ Iron supplements for children ages 6 – 12 months and women 12 – 17 with a prescription;</li> </ul> </li> <li>• Domestic violence screening and counseling</li> <li>• Height, weight, body mass index (BMI)</li> <li>• Safety and injury prevention</li> <li>• Assessment of risk for lead exposure</li> </ul>
Depression screening	Screening for depression
Nutrition, healthy weight and physical activity	<p>May include:</p> <ul style="list-style-type: none"> <li>• Behavioral counseling in primary care to promote a healthy diet for people with hyperlipidemia and other risk factors</li> <li>• Nutrition counseling</li> <li>• Screening and counseling for obesity (specifically, screening for and management of obesity)</li> </ul>
Vision and hearing	<ul style="list-style-type: none"> <li>• Vision screening – glaucoma, acuity, refraction</li> <li>• Hearing screening – screening test, audiometry and pure tone</li> </ul>
Behavioral health assessment	<p>Includes:</p> <ul style="list-style-type: none"> <li>• Alcoholism/substance abuse</li> <li>• Intellectual and mental disorders</li> <li>• Depression</li> <li>• Behavioral Health Assessment</li> </ul>
Tooth decay and cavity prevention	<ul style="list-style-type: none"> <li>• Fluoride supplements for children whose water supply lacks fluoride, ages 6 months to 6 years old with a prescription.</li> <li>• Topical application of fluoride varnish birth through 6 years old</li> </ul>
Tuberculosis testing	Testing for tuberculosis (TB) for children

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