Regular preventive care can help you stay well, catch problems early on and may be potentially life saving. To support and surpass health care reform recommendations, our plans cover 100% of covered preventive care services like screenings, immunizations and exams. If you visit in-network providers, you don’t have to worry about any out-of-pocket costs for preventive care services. If you use an out-of-network provider, your deductible and out-of-network expenses may apply.

Preventive vs. diagnostic care

What’s the difference? Preventive care is generally precautionary. For example, if your doctor recommends having a colonoscopy because of your age or family history, that’s preventive care. But, if your doctor recommends a colonoscopy to investigate symptoms you’re having, that’s diagnostic care, and your plan cost share will apply.

Please note, the preventive care services below are not recommended for all individuals and appropriateness may be determined by the treating physician and recommendation guidelines.

Here’s an overview of the types of preventive services covered. Refer to your enrollment brochure’s benefit summary to learn more.
Child Preventive Care (Birth to 18 years)

Preventive physical exams

Screening tests include:
- Vision screening
- Hearing screening
- Oral health assessment
- Screening for lead exposure
- Screening for anemia
- Screening for tuberculosis
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Newborn screenings including sickle cell anemia
- Developmental and behavioral assessments
- Cholesterol and lipid level screening
- Screening for depression

Immunizations:
- Hepatitis A
- Hepatitis B
- Diphtheria, Tetanus, Pertussis (DtaP)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal Conjugate (pneumonia)
- Human Papilloma Virus (HPV)
- Hib Influenza type b
- Polio
- Measles, Mumps, Rubella (MMR)
- Meningococcal Polysaccharide
- Rotavirus

Adult Preventive Care (19 years and Older)

Preventive physical exams

Screening tests include:
- Eye chart vision screening
- Hearing screening
- Cholesterol and lipid level screening
- Depression screening
- Diabetes screening
- Prostate cancer screenings including digital rectal exam and PSA test
- Breast exam, breast cancer screening, including mammography
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Screening for sexually transmitted diseases
- HIV test
- Bone density test to screen for osteoporosis
- Colorectal cancer screening including fecal occult blood test, barium enema, flexible sigmoidoscopy and screening colonoscopy
- Routine blood and urine screenings
- Aortic Aneurysm screening
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, iron deficiency anemia, gonorrhea, chlamydia)

Immunizations:
- Hepatitis A
- Hepatitis B (expanded codes)
- Tetanus, Diphtheria (Td)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal Conjugate (pneumonia)
- Human Papilloma Virus (HPV)
- Measles, Mumps, Rubella (MMR)
- Meningococcal Polysaccharide
- Herpes Zoster (shingles)

2 Some plans cover additional vision services. Please see your Member Booklet or Evidence of Coverage document for details.