

# 2024 PREVENTIVE CARE SERVICES

Talk with your primary care provider about your preventive services.

Below is a list of covered preventive services under your plan. How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan. Check your health plan benefits or call the number on the back of your member ID card for details on coverage.\*

## **Preventive Medical Exams**

Preventive Medical Exams for Adults

Preventive Gynecological Exam

Services Included in the Preventive Medical Exam

Skin Exam (including looking for melanomas, sores, lesions)

Skin Cancer Counseling to reduce Ultraviolet (UV) Ray Exposure

Testicular Exam

Prostate Cancer-Digital Rectal Exam

Breast Exam

Hypertension Screening

Blood Pressure Screening

Domestic Violence Screening and Counseling

Aspirin Use Counseling for people with elevated cardiovascular disease (CVD) risk

Height, Weight, Body Mass Index (BMI)

## **Preventive Medicine Counseling**

### **Cancer Screenings**

#### **Colon Cancer Screening**

Occult Blood

Air Contrast Barium Enema

Sigmoidoscopy, Proctosigmoidoscopy

Colonoscopy

Pathology

#### **Cervical Cancer Screening**

Pap Smear

#### **Breast Cancer Screening**

Conventional Film Screen & Digital Breast Tomosynthesis Mammography

#### **Prostate Cancer**

Prostate Specific Antigen (PSA)

#### **Ovarian Cancer**

CA125

Transvaginal Ultrasound

## **Cancer Screening Exam**

Cancer Screening Exam

## **Immunizations**

Standard Immunizations

## **Radiology**

Osteoporosis Screening

Abdominal Aortic Aneurysm AAA Screening

## **Laboratory Services**

Cholesterol/Lipid Profile

Diabetes Screening

STD Screening - HIV, Chlamydia, Gonorrhea

Hepatitis C Virus

## **HCR Preventive Care**

Non-Standard Immunizations for HCR

Screening and Counseling to Reduce Alcohol Misuse

Behavioral Counseling to Promote a Healthy Diet for Adults with Hyperlipidemia and other risk factors

Behavioral Health Assessment for Children of all Ages

Counseling to Prevent Tobacco Use and Tobacco-Caused Disease

Genetic Risk Assessment and BRCA Mutation Testing for Breast and Ovarian Cancer Susceptibility

Prevention of Dental Caries in Preschool Children

Primary Care Interventions to Promote Breastfeeding

Breastfeeding Support and Counseling

Screening for Depression in Adults & Adolescents

Screening for Obesity in Adults and Children

Screening Tests for Abnormal Blood Glucose & Type 2 Diabetes for Adults Overweight or Obese

Testing for Tuberculosis (TB) for Children

Screening for Latent TB Infection in Adults

Counseling and Screening for Interpersonal and Domestic Violence

Counseling for Sexually Transmitted Infection (STI)

Counseling and Screening for Human Immunodeficiency Virus (HIV)

Human Papillomavirus (HPV) Testing

Well Women Visits

Contraceptive Counseling, Methods and Related Services

Lung Cancer Screening

Hepatitis B Virus

Blood Pressure Screening in Adults

Screening of Spinal Muscular Atrophy (SMA) in Newborn

Exercise Interventions to Prevent Falls in a Community Dwelling in Adults 65 or Older

## **HCR Select Prenatal**

Screening and Counseling to Reduce Alcohol Misuse

Counseling to Support Breastfeeding

Breastfeeding Support and Counseling  
Counseling for the use of Folic Acid Supplementation  
Counseling for Tobacco Use; Pregnant Women  
Screening for the Presence of Bacteria in the Urine; Pregnant Women  
Screening for Chlamydia Infection  
Screening for Gonorrhea  
Screening for HIV  
Screening for Syphilis; Pregnant Women  
Screening for Hepatitis B  
Screening for Iron Deficiency Anemia  
Screening for RH Incompatibility  
    First Pregnancy Visit  
    24 - 48 Weeks Gestation  
Immunizations  
Screening for Gestational Diabetes Mellitus

### **Well Child & Newborn Care**

Newborn Care  
Vision Screening  
Hearing Screening  
Immunizations  
Professional Services including: Visits, Lab, Radiology and Professional Ancillaries  
Facility Services Outpatient including: Vision, Hearing, Immunizations, Visits, Lab, Radiology & Ancillaries

### **Other**

Blood Pressure Monitor for Hypertension  
Glucometer for Diabetes  
Peak Flow Meter for Asthma  
Hemoglobin A1C testing for Diabetes  
International Normalized Ratio (INR) testing for Liver Disease or Bleeding Disorders  
Low-Density Lipoprotein (LDL) testing for Heart Disease  
Retinopathy Screening for Diabetes

\*Not all items on this list are covered benefits for all individuals. Inclusion of a service or items on this list does not guarantee coverage. Additional requirements may apply. Tests ordered during a preventive care 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.