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. May not apply for grandfathered plans or Medicare Supplement policies.

All Adults, 18 Years and Older

- Alcohol Misuse Screening and Counseling in adults at risk
- Aspirin for adults aged 50 to 59 years of age with a 10 percent 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 aged 40 to 75 years of age with one or more risk factors and a 10 percent or higher 10-year cardiac risk
- Cholesterol Screening in adults aged 40 to 75 years of age
- Colorectal Cancer Screening (including bowel prep) beginning at age 50 and continuing until age 75
- Depression Screening for adults
- Diabetes Screening in adults who are 40 to 70 years of age who are overweight or obese
- 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 adults born between 1945 and 1965 and those at high risk of infection
- Human Immunodeficiency Screening in adults up to 65 years of age and those at high risk of infection
- Immunizations recommended by the Centers for Disease Control and Prevention
- Lung Cancer Screening in adults 55 to 80 years of age with a 30 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
- Tobacco Use Counseling and Interventions in all adults
- Tuberculosis Screening in those at high risk of infection

Adult Males

- Abdominal Aortic Aneurysm screening (one time) for men 65 to 75 years of age who have ever smoked

Adult Females Including Pregnant Women

- Aspirin for women who are 12 weeks or more pregnant 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 family history of breast, ovarian, tubal or peritoneal cancer

AveraHealthPlans.com
Toll-Free: 1-888-322-2115
**Adult Females Including Pregnant Women (cont.)**

- Breast Cancer Preventive medications for those who are at increased risk of breast cancer
- Breast Cancer Screening mammography for women 40 years of age and older every 1 to 2 years
- Breastfeeding Counseling and Intervention during pregnancy and after birth
- Cervical Cancer Screening, including Human Papillomavirus testing, every 3 years in women 21 to 65 years of age
- Chlamydia Infection Screening in women 24 years of age and younger and older women at increased risk
- Contraceptive methods approved by the Food and Drug Administration for females, including education and counseling
- Domestic Violence Screening in women of childbearing age
- Folic Acid Supplementation (0.4 to 0.8mg) 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 aged 24 years of age or younger and older women that are at risk
- Hepatitis B Screening in pregnant women at their first prenatal visit
- Human Immunodeficiency Screening in all pregnant women
- Osteoporosis Screening in women 65 years of age and older and younger women at risk of fractures
- 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
- Behavioral Assessments, periodically, in children aged 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
- Immunizations recommended by the Centers for Disease Control and Prevention
- Lead Screening for children at risk of exposure
- Newborn Blood Screening (including hypothyroidism, PKU and Sickle Cell Disease) 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
- Vision Screening (one time) for all children between the ages 3 to 5 years