



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 these services are delivered by a participating in-network provider. These services are based on the U.S. Preventive Services Task Force A and B Recommendations. May not apply for grandfathered plans or Medicare Supplement plans.



AveraHealthPlans.com

Toll-Free: 1-888-322-2115

Covered Preventive Services



All Adults, 19 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
- Colorectal Cancer Screening beginning at age 50 and continuing until age 75
- Depression Screening for adults
- Diabetes Screening in adults who are 40 – 70 years of age and 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 or physical therapy
- Hepatitis B Screening in adults at high risk of infection
- Hepatitis C Screening in adults born between 1945 and 1965 and those at high risk of infection
- HIV 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 (CDC)
- 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 (STI) Counseling in adults who are at risk
- Skin Cancer Counseling in adults up to 25 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 (TB) screening in those at high risk of infection
- Vitamin D Supplementation in adults 65 years of age who are increased risk of falls



Adult Males

- Abdominal Aortic Aneurysm screening (one time) for men 65 to 75 years of age who have ever smoked
- Cholesterol Screening in men 35 years of age and older and younger men with an increased risk of heart disease



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
- BRCA risk assessment in women with a family history of breast, ovarian, tubal or peritoneal cancer
- Breast Cancer Preventive medications 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 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
- Cholesterol Screening in women 45 years of age and older and younger women with an increased risk of heart disease
- Domestic Violence Screening
- Folic Acid Supplementation 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 that are at risk
- Hepatitis B Screening in pregnant women at their first prenatal visit

- HIV 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

Children and Adolescents



- Depression Screening in children 12 to 18 years 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
- Sickle Cell Disease Screening for all newborns
- Hepatitis B Screening in children at high risk of infection
- HIV Screening in children 15 years of age and older and those at high risk of infection
- Hypothyroidism Screening in newborns
- Immunizations recommended by the Centers for Disease Control and Prevention (CDC)
- Obesity Screening and Counseling for children 6 years of age and older
- PKU Screening in all newborns
- Sexually Transmitted Infection (STI) 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
- Vision Screening for all children between the ages 3 to 5 years, at least once