



# Preventive care services for commercial members

This schedule is a reference tool for planning your preventive care, and lists items/services covered under the Patient Protection and Affordable Care Act (ACA) of 2010 and the Health Care and Education Reconciliation Act of 2010. In accordance with the ACA, the schedule is reviewed and updated periodically based on the recommendations of the U.S. Preventive Services Task Force, Health Resources and Services Administration, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and other applicable laws and regulations. Accordingly, the content of this schedule is subject to change.

Your specific needs for preventive services may vary according to your personal risk factors. Your health care provider is always your best resource for determining if you're at increased risk for a condition. Some services may require precertification/preapproval.

This document does not apply to members enrolled in Medicare Advantage plans.

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**If you have questions  
about this schedule,  
precertification/  
preapproval, or your benefit  
coverage, please call the  
Customer Service number  
on the back of your ID card.**

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# Preventive care services for adults

Preventive service	Recommendation
<b>Visits</b>	
Preventive exams	One exam annually for all adults
Services that may be provided during the preventive exam include but are not limited to the following: <ul style="list-style-type: none"> <li>High blood pressure screening</li> <li>Behavioral counseling for skin cancer</li> </ul>	
<b>Screenings</b>	
Abnormal blood glucose and Type 2 diabetes mellitus screening and intensive behavioral counseling	Adults 40 to 70 years who are overweight or obese  Intensive behavioral counseling interventions, up to 24 sessions, for adults with a positive screening result
Adult abdominal aortic aneurysm (AAA) screening	Once in a lifetime for asymptomatic males age 65 to 75 years with a history of smoking
Alcohol and drug use/misuse screening and behavioral counseling intervention	Screening for all adults  Behavioral counseling in a primary care setting for adults with a positive screening result for drug or alcohol use/misuse
Colorectal cancer screening	Adults age 50 to 75 years or adults younger than 50 years of age with a high risk of developing colorectal cancer using any of the following tests: <ul style="list-style-type: none"> <li>Fecal occult blood testing: once a year</li> <li>Highly sensitive fecal immunochemical testing: once a year</li> <li>Flexible sigmoidoscopy: once every five years</li> <li>Barium enema: once every five years</li> <li>CT colonography: once every five years</li> <li>Stool DNA testing: frequency of testing should be discussed with health care provider</li> <li>Colonoscopy: once every 10 years</li> </ul> For high-risk individuals, earlier or more frequent testing may be indicated.
Hepatitis B virus (HBV) screening	All asymptomatic adults at high risk for HBV infection
Hepatitis C virus (HCV) screening	All asymptomatic adults age 18 years and older or as a one-time screening for adults born between 1945 and 1965
Human immunodeficiency virus (HIV) screening	All adults
Lipid disorder screening	Every five years for males age 35 years and older  For adults age 20 years and older with an increased risk for coronary artery disease, screening is covered at shorter intervals
Lung cancer screening	Adults age 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years
Obesity screening and behavioral intervention	Obesity screening for all adults  Behavioral intervention for adults with a body mass index (BMI) of 30 kg/m <sup>2</sup> or higher
Syphilis infection screening	All adults at increased risk for syphilis infection

## Therapy and counseling

Behavioral counseling for prevention of sexually transmitted infections	All sexually active adults
Intensive behavioral counseling interventions to promote a healthful diet and physical activities for cardiovascular disease prevention	Adults age 18 years and older diagnosed as overweight or obese with known cardiovascular disease risk factors
Nutritional counseling for weight management	6 visits per year
Counseling for the prevention of falls	Community-dwelling adults age 65 years and older with an increased risk of falls
Tobacco use counseling	All adults who use tobacco products

## Medications

Aspirin	<p>Males age 45 to 79 years with no history of coronary heart disease or stroke when the potential benefit of a reduction in myocardial infarction outweighs the potential harm of an increase in gastrointestinal hemorrhage</p> <p>Females age 55 to 79 years with no history of coronary heart disease or stroke when the potential benefit of a reduction in ischemic strokes outweigh the potential harm of an increase in gastrointestinal hemorrhage</p>
Tobacco cessation medication	All adults who use tobacco products
Vitamin D	Community-dwelling adults age 65 years and older with an increased risk of falls

## Immunizations<sup>1</sup>

Vaccine	19-21 years	22-26 years	27-49 years	50-59 years	60-64 years	≥ 65 years
Influenza	1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap)	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years					
Varicella	2 doses					
Human papillomavirus (HPV), Female	3 doses					
Human papillomavirus (HPV), Male	3 doses					
Zoster					1 dose	
Measles, mumps, rubella (MMR)	1 or 2 doses					
Pneumococcal 13-valent conjugate (PCV13)	1-time dose					
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses					1 dose
Hepatitis A	2 or 3 doses					
Hepatitis B	3 doses					
Meningococcal 4-valent conjugate (MenACWY) or polysaccharide (MPSV4)	1 or more doses					
Meningococcal B (MenB)	2 or 3 doses					
<i>Haemophilus influenzae</i> type b (Hib)	1 or 3 doses					

For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster

Recommended if some other risk factor is present (on the basis of medical, occupational, lifestyle, or other indication)

<sup>1</sup> More information about recommended immunizations is available from the Centers for Disease Control at [cdc.gov/vaccines/schedules](http://cdc.gov/vaccines/schedules).

**Talk to your health care provider about preventive services you receive to determine the treatment that is best for you.**



# Preventive care services for women, including pregnant women

Preventive service	Recommendation
<b>Visits</b>	
Well-woman visits	At least annually
Services that may be provided during the well-woman visit include but are not limited to the following:	
<ul style="list-style-type: none"> <li>• BRCA-related cancer risk assessment</li> <li>• Discussion of chemoprevention for breast cancer</li> <li>• Intimate partner violence screening</li> <li>• Primary care interventions to promote and support breastfeeding</li> <li>• Recommended preventive preconception and prenatal care services</li> <li>• Tobacco use counseling</li> </ul>	
<b>Screenings</b>	
Bacteriuria screening	All asymptomatic pregnant women at 12 to 16 weeks gestation or at the first prenatal visit, if later
BRCA-related cancer risk assessment, genetic counseling, and BRCA mutation testing	Genetic counseling for asymptomatic women with either personal history or family history of a BRCA-related cancer  BRCA mutation testing, as indicated, following genetic counseling
Breast cancer screening (2D OR 3D mammography)	All women age 40 years and older
Cervical cancer screening (Pap test)	Ages 21 to 65: Every three years  Ages 30 to 65: Every 5 years with a combination of Pap test and human papillomavirus (HPV) testing, for those who want to lengthen the screening interval
Chlamydia screening	Sexually active women age 24 years and younger or older sexually active women who are at increased risk for infection
Gestational diabetes mellitus screening	Asymptomatic pregnant women after 24 weeks of gestation or at the first prenatal visit for pregnant women identified to be at high risk for diabetes
Gonorrhea screening	Sexually active women age 24 years and younger or older sexually active women who are at increased risk for infection
Hepatitis B virus (HBV) screening	All pregnant women or asymptomatic adolescents and adults at high risk for HBV infection
Human immunodeficiency virus (HIV) screening	All pregnant women
Human papillomavirus (HPV) screening	Age 30 and older: Every three years  Ages 30 to 65: Every five years with a combination of Pap test and HPV testing, for those that want to lengthen the screening interval
Iron-deficiency anemia screening	All asymptomatic pregnant women



Osteoporosis (bone mineral density) screening	<p>Every two years for women younger than 65 years who are at high risk for osteoporosis</p> <p>Every two years for women 65 years and older without a history of osteoporotic fracture or without a history of osteoporosis secondary to another condition</p>
RhD incompatibility screening	All pregnant women, follow-up testing for women at high risk
Syphilis screening	<p>All pregnant women at first prenatal visit</p> <p>For high-risk pregnant women, repeat testing in the third trimester and at delivery</p> <p>Women at increased risk for syphilis infection</p>

## Medications

Aspirin	Low-dose aspirin for pregnant women who are at high risk for preeclampsia after 12 weeks of gestation
Breast cancer chemoprevention	Asymptomatic women age 35 years and older without a prior diagnosis of breast cancer, ductal carcinoma in situ, or lobular carcinoma in situ, who are at high risk for breast cancer and at low risk for adverse effects from breast cancer chemoprevention
Folic acid	Daily folic acid supplements for all women planning for or capable of pregnancy

## Miscellaneous

Breastfeeding supplies/support/counseling	Comprehensive lactation support/counseling for all pregnant women and during the postpartum period
Reproductive education and counseling, contraception, and sterilization	All women with reproductive capacity

# Preventive care services for children

## Preventive service

## Recommendation

### Visits

Pre-birth exams	All expectant parents for the purpose of establishing a pediatric medical home
<p>Preventive exams</p> <p>Services that may be provided during the preventive exam include but are not limited to the following:</p> <ul style="list-style-type: none"> <li>Behavioral counseling for skin cancer prevention</li> <li>Blood pressure screening</li> <li>Congenital heart defect screening</li> <li>Counseling and education provided by health care providers to prevent initiation of tobacco use</li> <li>Developmental surveillance</li> <li>Dyslipidemia risk assessment</li> <li>Hearing risk assessment for children 29 days or older</li> <li>Height, weight, and body mass index measurements</li> <li>Hemoglobin/hematocrit risk assessment</li> <li>Obesity screening</li> <li>Oral health risk assessment</li> <li>Psychosocial/behavioral assessment</li> </ul>	<p>All children up to 21 years of age, with preventive exams provided at:</p> <ul style="list-style-type: none"> <li>3–5 days after birth</li> <li>By 1 month</li> <li>2 months</li> <li>4 months</li> <li>6 months</li> <li>9 months</li> <li>12 months</li> <li>15 months</li> <li>18 months</li> <li>24 months</li> <li>30 months</li> <li>3–21 years: annual exams</li> </ul>



## Screenings

Alcohol and drug use/misuse screening and behavioral counseling intervention	Annually for all children 11 years of age and older  Annual behavioral counseling in a primary care setting for children with a positive screening result for drug or alcohol use/misuse
Autism and developmental screening	All children during the 18 month and 24 month preventive exams
Chlamydia screening	All sexually active children up to age 21 years
Depression screening	Annually for all children age 11 years to 21 years
Dyslipidemia screening	Following a positive risk assessment or in children where laboratory testing is indicated
Gonorrhea screening	All sexually active children up to age 21 years
Hearing screening for newborns	All newborns
Hearing screening for children 29 days or older	Following a positive risk assessment or in children where hearing screening is indicated
Hepatitis B virus (HBV) screening	All asymptomatic adolescents at high risk for HBV infection
Human immunodeficiency virus (HIV) screening	All children
Lead poisoning screening	All children at risk of lead exposure
Newborn metabolic screening panel (e.g., congenital hypothyroidism, hemoglobinopathies [sickle cell disease], phenylketonuria [PKU])	All newborns
Syphilis screening	All sexually active children up to age 21 years
Visual impairment screening	All children up to age 21 years

## Additional screening services and counseling

Behavioral counseling for prevention of sexually transmitted infections	Semiannually for all sexually active adolescents at increased risk for sexually transmitted infections
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## Medications

Fluoride	Oral fluoride for children age 6 months to 5 years whose water supply is deficient in fluoride
Iron	Asymptomatic children age 6 to 12 months who have an increased risk of iron deficiency anemia
Prophylactic ocular topical medication for gonorrhea	All newborns within 24 hours after birth

## Miscellaneous

Fluoride varnish application	Twice a year for all infants and children starting at age of primary tooth eruption to 5 years of age
Hemoglobin/hematocrit testing	Following a positive risk assessment or in children where laboratory testing is indicated for children up to age 21 years
Tuberculosis testing	All children up to age 21 years





## Immunizations (Note: For age 19 to 21 years, refer to the adult schedule above)<sup>1</sup>

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19-23 mos	2-3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	13-15 yrs	16-18 yrs	
Hepatitis B (Hep B)	1st dose	2nd dose			3rd dose												
Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series)			1st dose	2nd dose	3rd dose (if needed)												
Diphtheria, tetanus, & acellular pertussis (DtaP: < 7 yrs)			1st dose	2nd dose	3rd dose			4th dose				5th dose					
Haemophilus influenzae type b (Hib)			1st dose	2nd dose			3rd or 4th dose										
Pneumococcal conjugate (PCV13)			1st dose	2nd dose	3rd dose		4th dose										
Inactivated poliovirus (IPV: < 18 yrs)			1st dose	2nd dose	3rd dose							4th dose					
Influenza (IIV; LAIV)					Annual vaccination (IIV only) 1 or 2 doses						Annual vaccination (LAIV or IIV) 1 or 2 doses		Annual vaccination (LAIV or IIV) 1 dose only				
Measles, mumps, rubella (MMR)							1st dose					2nd dose					
Varicella (VAR)							1st dose					2nd dose					
Hepatitis A (HepA)							2-dose series										
Meningococcal11 (Hib- MenCY> 6 weeks; MenACWY-D >9 mos; MenACWY-CRM ≥ 2 mos)														1st dose		Booster	
Tetanus, diphtheria, & acellular pertussis12 (Tdap: >7 yrs)														TDaP			
Human papillomavirus13 (2vHPV: females only; 4vHPV, 9vHPV: males and females)														3rd dose series			
Meningococcal B																	
Pneumococcal polysaccharide5 (PPSV23)																	

	Range of recommended ages for all children		Range of recommended ages for catch-up immunization
	Range of recommended ages for certain high-risk groups		Range of recommended ages during which catch-up is encouraged and for certain high-risk groups

<sup>1</sup> More information about recommended immunizations is available from the Centers for Disease Control at [cdc.gov/vaccines/schedules](http://cdc.gov/vaccines/schedules).



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