

PREVENTIVE MEDICAL SERVICES

Effective January 1, 2018

This preventive services list is a summary to help plan members understand their medical coverage; it is not meant to take the place of medical care or advice. See also the preventive prescription list at hr.iu.edu/benefits.

Members should ask their doctor which exams, tests and vaccines are right for them, when they should get them and how often. Many preventive services are advised based on age, gender, and the medical history of the patient and family.

In general, preventive services are defined by recognized government agencies and professional organizations such as:

AAFP – American Academy of Family Physicians

AAP – American Academy of Pediatrics

ACIP – Advisory Committee on Immunization Practices

ACOG – American College of Obstetrics and Gynecology

ATP III/NCEP – Adult Treatment Panel III/
National Cholesterol Education Program

ACS – American Cancer Society

CDC – Centers for Disease Control and Prevention

USPSTF – U.S. Preventive Services Task Force

IRS – Internal Revenue Service/Department of Treasury
(High Deductible Health Plan regulations)

BIRTH TO AGE 18 YEARS

Exam and Assessments

Blood Pressure, Height, Weight and Body Mass Index (BMI)

Cervical Dysplasia Screening

Counseling for Lowering Risk of Skin Cancer¹

Counseling for Obesity and Diet

Developmental, Behavioral, Depression Assessments

Eye Chart Vision Screening²

Hearing Screenings

Newborn Screenings

Oral Health Screenings

Type 2 Diabetes Screening

Lab Tests

Cholesterol and Lipid Levels

Hemoglobin or Hematocrit (blood count)

Lead Testing

Pelvic Exams and Pap Tests

HPV Screening

Sexually Transmitted Infections

TB Screening

Immunizations

Diphtheria, Tetanus, Pertussis (DTaP)

Haemophilus Influenza b (Hib)

Hepatitis A and B

Human Papillomavirus (HPV)

Influenza (flu)

Measles, Mumps, Rubella (MMR)

Meningococcal (meningitis)

Pneumococcal (pneumonia)

Polio

Rotavirus

Varicella (chicken pox)

Contraceptive Services

AGE 19 AND OVER

Exam and Assessments

Blood Pressure, Height, Weight and Body Mass Index (BMI)

Depression Screening

Eye Chart Vision Screening²

Hearing Screenings

Lung Cancer Screening³

Imaging

Bone Density Screening for Osteoporosis

Ultrasound for Aortic Aneurysm (men)

Immunizations

Diphtheria, Tetanus, Pertussis (DTaP)

Hepatitis A and B

Human Papillomavirus (HPV)

Influenza (flu)

Measles, Mumps, Rubella (MMR)

Meningococcal (meningitis)

Pneumococcal (pneumonia)

Varicella (chicken pox)

Zoster (shingles)

Interventions and Counseling

Alcohol Misuse

Aspirin Use for Cardiovascular Disease

Counseling for Chemoprevention for those with high risk for Breast Cancer

Counseling for Genetic Testing for Breast and/or Ovarian Cancer

Healthy Diet

Obesity

Tobacco Use

Interpersonal and Domestic Violence Counseling

Screenings during Pregnancy

Asymptomatic Bacteriuria

Chlamydia

Depression

Gestational Diabetes Screening

Gonorrhea

Hepatitis B

HIV

Iron Deficiency Anemia

Rh Incompatibility

Syphilis

Lab Tests

Barium Enema

Cholesterol and Lipid Levels

Colonoscopy or Sigmoidoscopy

Colorectal Cancer Screenings

CT Colonography (as appropriate)

Diabetes (blood glucose)

Fecal Occult Blood

Hemoglobin or Hematocrit (blood count)

Prostate Cancer (PSA)

Sexually Transmitted Infections and HIV

Well-Woman Services

Breastfeeding support and supplies (in-network)

Cervical Cancer Screening

Contraceptive Services

HPV Screening

Mammograms

¹ For those age 10-24 with fair skin.

² Visual chart screenings are preventive for children ages 3-5 years. For 2018, adult comprehensive eye exams are part of the Anthem Blue View Vision and EyeMed plans with a co-pay of \$10.00.

³ For those age 55-80 who have a history of smoking 30 packs per year and still smoke, or quit within the past 15 years. Preapproval may be required.