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

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. 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. The list of no-cost-share preventive prescriptions is available on the [IU Benefits website](https://iubenefits.indiana.edu).

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

**Exams, Screenings, and Lab Tests**
- Alcohol, Tobacco, and Drug Use Assessments
- Autism Screening
- Behavioral Assessments
- Blood Pressure, Height, Weight and Body Mass Index (BMI)
- Cervical Dysplasia Screening
- Cholesterol and Lipid Levels
- Counseling for Lowering Risk of Skin Cancer
- Counseling for Obesity and Diet
- Depression Screening
- Developmental Screening
- Dyslipidemia Screening
- Eye Chart Vision Screening
- Hearing Screenings

**Immunizations**
- Diphtheria, Tetanus, Pertussis (DTaP)
- Hepatitis A and B
- Human Papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, Rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal Conjugate (PCV)
- Polio
- Rotavirus (RV)
- Varicella (chicken pox)

**Contraceptive Services**
- Birth Control Services
- Contraceptive Counseling

**Interventions and Counseling**
- Behavioral counseling for alcohol, drug, and tobacco use
- Aspirin Use for Cardiovascular Disease
- Breast Cancer Chemoprevention Counseling
- Behavioral counseling to promote a healthy diet
- Falls Prevention
- Interpersonal and Domestic Violence Counseling
- Obesity Screening and Counseling
- Sexually Transmitted Infection (STI) Prevention Counseling

**Screenings during Pregnancy**
- Anemia Screening
- Asymptomatic Bacteriuria
- Chloramphenicol Screening
- Chorionic Villus Sampling
- Gestational Diabetes Screening
- Gonorrhea Screening
- Hematocrit/Hemoglobin (blood count)
- HIV Screening
- Preeclampsia Prevention and Screening
- Rh Incompatibility Screening
- Rubella Immunity
- Syphilis Screening
- Ultrasound Tests (including special tests and two-dimensional tests to check on the baby)
- Urinary Tract or Other Infection Screening

**Well-Woman Services**
- Breast Cancer Genetic Test Counseling (BRCA)
- Breastfeeding support and supplies (in-network) Cervical Dysplasia Screening
- Contraceptive Services
- HIV Screening and Counseling
- HPV Screening
- Mammograms
- Maternal Postpartum Depression Screening
- Pap Test and Pelvic Exam
- Urinary Incontinence Screening
- Well-Woman Visits

**Adulthood**

**Exams, Screenings, and Lab Tests**
- Barium Enema
- Blood Pressure, Height, Weight and Body Mass Index (BMI)
- Cholesterol and Lipid Levels
- Colonoscopy or Sigmoidoscopy
- Colorectal Cancer Screenings
- CT Colonography (as appropriate)
- Depression & Anxiety Screening
- Diabetes (blood glucose) Screening
- Eye Chart Vision Screening
- Fecal Occult Blood
- Hearing Screenings
- Hemoglobin or Hematocrit (blood count)
- Hepatitis B Screening
- HIV Screening
- HPV Screening
- Lead Testing
- Newborn Screenings
- Obesity Screening and Counseling
- Oral Health Screenings
- Pelvic Exams and Pap Tests
- Sexually Transmitted Infections (STI)
- TB Screening
- Type 2 Diabetes Screening
- Well Exams

**Exams, Screenings, and Lab Tests**
- Human Papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, Rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal Conjugate (PCV)
- Polio
- Rotavirus (RV)
- Varicella (chicken pox)

**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 Conjugate (PCV)
- Polio
- Rotavirus (RV)
- Varicella (chicken pox)

**Contraceptive Services**
- Birth Control Services
- Contraceptive Counseling

**Interventions and Counseling**
- Behavioral counseling for alcohol, drug, and tobacco use
- Aspirin Use for Cardiovascular Disease
- Breast Cancer Chemoprevention Counseling
- Behavioral counseling to promote a healthy diet
- Falls Prevention
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- Obesity Screening and Counseling
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**Screenings during Pregnancy**
- Anemia Screening
- Asymptomatic Bacteriuria
- Chloramphenicol Screening
- Chorionic Villus Sampling
- Gestational Diabetes Screening
- Gonorrhea Screening
- Hematocrit/Hemoglobin (blood count)
- HIV Screening
- Preeclampsia Prevention and Screening
- Rh Incompatibility Screening
- Rubella Immunity
- Syphilis Screening
- Ultrasound Tests (including special tests and two-dimensional tests to check on the baby)
- Urinary Tract or Other Infection Screening

**Well-Woman Services**
- Breast Cancer Genetic Test Counseling (BRCA)
- Breastfeeding support and supplies (in-network) Cervical Dysplasia Screening
- Contraceptive Services
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- HPV Screening
- Mammograms
- Maternal Postpartum Depression Screening
- Pap Test and Pelvic Exam
- Urinary Incontinence Screening
- Well-Woman Visits

3 For those age 10-24 with fair skin.
4 For those age 50-80 who have smoked, currently smoke, or have quit smoking in the last 15 years.
5 For those age 50 and older.
6 With exercise or physical therapy and Vitamin D use. For adults 65 years and over, living in a community setting.