

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](#).

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)

CHILDREN & ADOLESCENTS

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 Cancer¹

Counseling for Obesity and Diet

Depression Screening

Developmental Screening

Dyslipidemia Screening

Eye Chart Vision Screening²

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) Prevention Counseling and Screening

TB Screening

Type 2 Diabetes Screening

Well Exams

Contraceptive Services

Immunizations

COVID-19

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 (IPV)

Rotavirus (RV)

Varicella (chicken pox)

ADULTS

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 Screening²

Fecal Occult Blood

Hearing Screenings

Hemoglobin or Hematocrit (blood count)

Hepatitis B and C Screening

HIV Screening

Lung Cancer Screening³

Prostate Cancer (PSA)

Tuberculosis Screening

Human Papillomavirus (HPV)

Influenza (flu)

Measles, Mumps, Rubella (MMR)

Meningococcal (meningitis)

Pneumococcal 13-valent Conjugate (PCV13)

Pneumococcal Polysaccharide (PPSV23)

Tetanus, Diphtheria, Pertussis (Td/Tdap)

Varicella (chicken pox)

Zoster (shingles)⁴

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 Prevention⁵

Interpersonal and Domestic Violence

Counseling Obesity Screening and Counseling

Sexually Transmitted Infection (STI)

Prevention Counseling

Screenings during Pregnancy

Amniocentesis

Anemia Screening

Asymptomatic Bacteriuria

Chlamydia 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

¹ For those age 10-24 with fair skin.

² Visual chart screenings are preventive for children ages 3-5 years. For 2019, adult comprehensive eye exams are part of the Anthem Blue View Vision and EyeMed plans with a copay of \$10.00.

³ For those age 50-80 who have smoked, currently smoke, or have quit smoking in the last 15 years.

⁴ For those age 50 and older.

⁵ With exercise or physical therapy and Vitamin D use. For adults 65 years and over, living in a community setting.