

PREVENTIVE MEDICAL SERVICES

Effective January 1, 2020



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 at hr.iu.edu/benefits.

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

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

Contraceptive Services

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 (IPV)
Rotavirus (RV)
Varicella (chicken pox)

AGE 19 AND OVER

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 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

Imaging

Bone Density Screening for Osteoporosis
Ultrasound for Aortic Aneurysm (men)

Immunizations

Hepatitis A and B
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

Alcohol Misuse Screening and Counseling
Aspirin Use for Cardiovascular Disease
Breast Cancer Genetic Test Counseling (BRCA)
Breast Cancer Chemoprevention Counseling
Diet Counseling
Falls Prevention⁵
Interpersonal and Domestic Violence Counseling
Obesity Screening and Counseling
Sexually Transmitted Infection (STI) Prevention Counseling
Tobacco Use Screening and 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

Breastfeeding support and supplies (in-network)
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 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.

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.