



Preventive Care Coverage

Effective January 1, 2023

Preventive Care Coverage

The Plan covers a wide range of preventive and wellness services designed to keep participants and dependents healthy. The types of expenses covered are listed in the tables below. The Plan covers these services and supplies for eligible individuals at 100% of the **allowable charge** with no deductible or co-pay when the services are rendered by a PPO or Non-PPO provider. Please note, if services are performed or provided by a Non-PPO provider, you may be subject to balance billing for amounts over the allowable charge. This list is subject to reasonable medical management techniques and may be revised in accordance with applicable law and regulatory guidance.

Covered Adult Preventive Services

Effective January 1, 2023

Professional Services & Supplies	Frequency	Plan Coverage
Ultrasound screening for abdominal aortic aneurysm (men ages 65 to 75 who smoke(d))	One per lifetime	100%
Counseling for unhealthy alcohol uses	One per lifetime	100%
Low-dose aspirin for the prevention of cardiovascular disease (CVD) and colorectal cancer (CRC) in adults ages 50 to 59 years who have a 10% or greater risk of CVD in the next 10 years, as prescribed by a physician (generic aspirin only)	N/A	100%
Screening for high blood pressure (adults age 18+)	One per calendar year	100%
Screening for cholesterol abnormalities (men age 35+ or age 20+ if increased risk; women age 45+ or age 20+ if increased risk)	One per calendar year	100%
Screening for colorectal cancer in accordance with the American Cancer Society's guidelines (currently recommend persons at average risk consult with their primary care provider to discuss colorectal screening with stool-based testing beginning at age 45, and from age 75 through 85, the primary care provider should advise on whether continued screening is beneficial (adults ages 45 to 85 years old) Please Note: The Plan will only cover generic bowel preps and bowel prep brands with no generic equivalent, subject to reasonable medical management techniques.	Tests and procedures within the age and frequency guidelines established by the American Cancer Society	100%
Screening for depression (adults)	One per lifetime	100%
Screening for diabetes, including an annual screening for pre-diabetes and T2DM with informal risk assessment in accordance with the American Diabetes Association's guidelines (adults ages 35 to 70 years old who are overweight or obese)	N/A	100%
Counseling for diet & physical activity (adults at risk for CVD)	One per lifetime	100%
Screening and counseling for individuals whose BMI is 25 or greater, including pharmacotherapy for those	26 face-to-face 15-minute behavioral counseling sessions per calendar	

Professional Services & Supplies	Frequency	Plan Coverage
<p>individuals whose BMI is 27 or greater with comorbidities present or individuals whose BMI is 30 or greater.</p> <p>Please Note: Exercise and diet programs that are not supervised by a physician provider who is a medical practitioner in accordance with Plan provisions are excluded. This benefit is subject to reasonable medical management techniques.</p>	year with a PPO provider and one (1) dietary assessment by a licensed nutritionist.	
Counseling for sexually transmitted infections (adults at increased risk)	One per lifetime	100%
Hepatitis C virus infection screening (adults age 18-79)	One per lifetime	100%
<p>HIV screening for persons ages 15 to 65 years old and those at increased risk of infection</p> <p>Please Note: This benefit is subject to reasonable medical management techniques.</p>	One per lifetime	100%
Syphilis screening for persons at increased risk	One per lifetime	100%
Tobacco use screening	One per lifetime	100%
Coverage for two tobacco “cessation attempts” per year for those who use tobacco products through behavioral interventions and FDA approved pharmacotherapy	<p>Four cessation counseling sessions of at least 10 minutes each per calendar year</p> <p>90 days of treatment using FDA-approved medications (2 cycles per calendar year)</p>	100%
Lung cancer screening with low-dose CT for adults ages 50 to 80 years old with a history of smoking within the last 15 years	One per calendar year	100%
Tuberculosis test for adults in at-risk populations	One per calendar year	100%
<p>Statin prevention medication (generic only; subject to the Plan’s Step Therapy Program) for adults ages 40 to 75 years with no history of CVD, one or more CVD risk factors, and a calculated 10-year CVD event risk of >10%</p> <p>Please Note: This benefit is subject to reasonable medical management techniques.</p>	N/A	100%
Screening and counseling for interpersonal and domestic violence or elder abuse and initial intervention services.	One per calendar year	100%
<p>Counseling about the exposure to ultraviolet (UV) radiation for persons aged 6 months to 24 years old;</p> <p>Skin cancer risk assessment by a dermatologist for persons with family history of melanoma in two or more blood relatives, presence of multiple atypical moles</p>	Once per calendar year	100%
Exercise counseling related to fall prevention for community dwelling individuals (ages 65 years or older who are at increased risk for falls)	Once per lifetime	100%
Hepatitis B screening in adolescents and adults at increased risk for infection	Once per lifetime	100%

Professional Services & Supplies	Frequency	Plan Coverage
Preexposure prophylaxis (PrEP) with effective antiretroviral therapy for those at high risk of HIV infection (subject to reasonable medical management techniques)	SAV-Rx Recommendation	100%

Covered Women's Preventive Services

(all women of reproductive capacity)

Effective January 1, 2023

Professional Services & Supplies	Frequency	Plan Coverage
Annual well-woman visits	One per calendar year	100%
Prenatal care, meaning routine doctor visits (Delivery, prenatal lab work, ultrasounds, and high-risk pregnancy care services are covered under the regular major medical provisions of the Plan and are covered for female employees, retirees and spouses ONLY – not for dependent children.)	N/A	100%
Screening for gestational diabetes (pregnant women after 24 weeks gestation)	Once per pregnancy, once within the first year postpartum, and once every three years for the first 10 years after pregnancy	100%
Sexually transmitted disease counseling	One per calendar year	100%
Contraception – All FDA-approved contraceptive methods and services related to follow-up and management for women (oral contraceptives, IUDs including follow-up visits to manage side effects or for device removal, Depo Provera, tubal ligation, sponges, spermicides, emergency contraception such as progestin and ulipristal acetate, etc.) prescribed by a physician or covered facility. (Abortifacient drugs NOT covered.) Please Note: The Plan will only cover 1) generics; and 2) brands that are medically necessary for the individual, subject to reasonable medical management techniques.	N/A	100%
Prenatal and postnatal breastfeeding support, supplies (including rental of breast pump), and counseling Please Note: All lactation services must be provided by a PPO provider. For a list of lactation services providers that are covered by the Plan in your area, contact the Benefit Office. Other supplies are covered as needed, subject to reasonable medical management techniques.	Up to five (5) lactation counseling sessions per pregnancy through the duration of breastfeeding; other supplies as needed, subject to reasonable medical management techniques	100%
Screening and counseling for interpersonal and domestic violence and anxiety	One per calendar year	100%
Breast cancer mammography screenings (women ages 40 through 74 years old)	One per calendar year	100%
Counseling and testing for BRCA gene (women with a family history of BRCA 1 or BRCA 2 or other risk factors)	One per lifetime	100%

Professional Services & Supplies	Frequency	Plan Coverage
Screening for cervical cancer at a frequency in accordance with the U.S. Preventive Services Task Force and the American Cancer Society Please Note: This benefit is subject to reasonable medical management techniques.	N/A	100%
Folic acid supplements (women capable of pregnancy) (0.4 to 0.8 mg per day)	N/A	100%
Counseling about chemoprevention of breast cancer (women at high risk)	One per lifetime	100%
Screening and monitoring for prenatal preeclampsia, and low-dose aspirin to prevent preeclampsia in pregnant women at high risk Please Note: This benefit is subject to reasonable medical management techniques.	N/A	100%
Screening for gonorrhea (women age < 25 or at increased risk)	One per calendar year	100%
Screening for chlamydial infection (women age < 25 or at increased risk)	One per calendar year	100%
Screening for osteoporosis (women age >64 or post-menopausal women at increased risk of osteoporotic fractures)	One per lifetime	100%
Anemia screening for pregnant women	N/A	100%
Bacteriuria urinary tract or other infection screening for pregnant women	N/A	100%
Hepatitis B screening for pregnant women at their first prenatal visit	One per pregnancy	100%
Rh Incompatibility screening for pregnant women at first prenatal visit, and repeated testing for unsensitized Rh(D)- negative women at 24-28 weeks of gestation unless the biological father is known to be Rh(D)-negative	One per pregnancy, unless follow up testing is required for women at higher risk	100%
Syphilis screening for pregnant women	One per pregnancy	100%
HIV screening for pregnant women	One per pregnancy	100%
Tobacco use screening and behavioral interventions for pregnant women	One per pregnancy	100%
Breast cancer risk-reducing medications for women who are increased risk for breast cancer and at low risk for adverse medication effects Please Note: The Plan will only cover 1) generics; and 2) brands with no generic equivalent, subject to reasonable medical management techniques.	N/A	100%
For woman who are at increased risk of breast cancer, prescriptions for risk-reducing medications such as tamoxifen or raloxifene (subject to reasonable medical management)	N/A	100%
Screening for urinary incontinence	Once per calendar year	100%

Professional Services & Supplies	Frequency	Plan Coverage
Counseling 1) to promote healthy weight gain and preventing excess weight gain during pregnancy; and 2) for perinatal depression for pregnant and postpartum persons at increased risk	One per pregnancy	100%
Co-testing for individuals with high-risk HPV DNA along with cytology not more than once every 3 years	One per every three years	100%
Counseling for women aged 40-60 with normal or overweight BMI to maintain weight or limit weight gain	Once per lifetime	100%

Immunizations

Effective January 1, 2023

Professional Services & Supplies	Frequency	Plan Coverage
Hepatitis B (HepB)	As recommended by the Advisory Committee on Immunization Practices (ACIP) and that have been adopted by the Director of the Centers for Disease Control and Prevention (CDC), including: <ul style="list-style-type: none"> Recommended immunization schedule for persons age 0 through 6 years; Recommended immunization schedule for persons age 7 through 18 years; Catch-up immunization schedule for persons age 4 months through 18 years who start later or who are more than one month behind; and Recommended adult immunization schedule. 	100%
Rotavirus (RV)		100%
Diphtheria, tetanus, and pertussis DTaP)		100%
Influenza type B (Hib)		100%
Pneumococcal (PCV/PPSV)		100%
Polio (IPV)		100%
Influenza (seasonal)		100%
Measles, mumps & rubella (MMR)		100%
Varicella		100%
Hepatitis A (HepA)		100%
Meningococcal (MCV)		100%
Human papillomavirus (HPV)		100%
Zoster (shingles)		100%
Other	As recommended by ACIP and the CDC or required by applicable law	100%

**Covered Children's Preventive Services
Newborn to Age 21 years
Effective January 1, 2023**

Professional Services & Supplies	Frequency	Plan Coverage
Newborn screenings for hemoglobinopathies, hearing loss, hypothyroidism, phenylketonuria (PKU), and heritable disorders (as recommended by the Uniform Panel of the Secretary's Advisory Committee on Heritable Disorders in newborns and Children that went into effect May 21, 2010)	One per lifetime	100%
Prophylactic medications to prevent ophthalmia neonatorum and gonorrhea	One per lifetime	100%
Health history	As recommended by the American Academy of Pediatrics and Bright Futures	100%
Measurements, including weight, heights, BMI, blood pressure, etc.		100%
Sensory (vision and hearing) screening		100%
Developmental screening		100%
Autism screening		100%
Behavioral screening		100%
Alcohol/drug assessment		100%
Physician examination		100%
Metabolic screening		100%
Hemoglobin screening		100%
Lead screening		100%
Tuberculin test		100%
Dyslipidemia screening		100%
STI screening		100%
Cervical dysplasia screening		100%
Oral health risk assessment	100%	
Anticipatory guidance	100%	
Iron supplements (children ages 6 to 12 months at increased risk for anemia)	As prescribed by child's physician*	100%
Tobacco use counseling to school-aged children and adolescents to prevent initiation of tobacco use	One per lifetime	100%
Skin cancer behavioral counseling for children and young adults ages 6 months to 24 years with fair skin about minimizing exposure to ultraviolet radiation to reduce risk for skin cancer	One per lifetime	100%
Vision screening for acuity and to detect amblyopia or its risk factors (children ages 3 to-5)	One per calendar year	100%
Screening and counseling for obesity (children age 6+)	One per lifetime	100%
Oral fluoride (children 6 months+)	As prescribed through age 5*	100%

Professional Services & Supplies	Frequency	Plan Coverage
Screening for depression and suicide risk (children ages 12 to 21)	One per lifetime	100%
Counseling for sexually transmitted infections (children at increased risk)	One per lifetime	100%
Screening for HIV (children ages 11 to-21 at increased risk)	One per lifetime	100%

* **Itemized pharmacy bill required — cash register receipts not accepted.**