

# Take Advantage of your Preventive Care Benefits

**Review the preventive care recommendations that may apply to your family situation.**

The following Preventive Care Guidelines are meant to be a reference guide for some of the recommended preventive care timelines and services. These timelines and services are not meant to be benefit limitations. These guidelines are based on services listed by the [US Preventive Services Task Force \(USPSTF\)](#) with an A or B rating, and preventive exams required by the [Affordable Care Act \(ACA\)](#).

**Reference your Summary Plan Description for complete preventive care details.**

| Preventive Care Guidelines   |
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| <b>Children Age 0-18</b>   |
| <b>Exams &amp; Supplements</b>   |
| Alcohol, tobacco, and drug use assessments for adolescents   |
| Behavioral assessments for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years                                |
| Fluoride chemoprevention supplements for children without fluoride in their water source   |
| Fluoride varnish for all infants and children as soon as teeth are present   |
| Gonorrhea preventive medication for the eyes of all newborns   |
| Height, weight and body mass index (BMI) measurements for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years |
| Iron supplements for children ages 6 to 12 months at risk for anemia   |
| Medical history for all children throughout development ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years            |
| Oral health risk assessment for young children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years   |
| Tuberculin testing for children at higher risk of tuberculosis ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years     |
| <b>Immunizations</b>   |
| Diphtheria, Tetanus, Pertussis (Whooping Cough)  |
| Haemophilus influenza type b   |
| Hepatitis A  |
| Hepatitis B  |
| Human Papillomavirus (HPV)   |
| Inactivated Poliovirus   |
| Influenza (flu shot)   |
| Measles  |
| Meningococcal  |
| Pneumococcal   |
| Rotavirus  |
| Varicella (Chickenpox)   |
| <b>Screenings</b>  |
| Autism Screening for children at 18 and 24 months  |
| Developmental Screening for children under age 3   |
| Depression Screening for adolescents beginning routinely at age 12   |
| Blood Screening for newborns   |
| Bilirubin concentration screening for newborns   |
| Blood pressure screening for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years                              |

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| Cervical dysplasia screening for sexually active females   |
| Hearing screening for all newborns; and for children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years            |
| Hemoglobinopathies or sickle cell screening for newborns   |
| Hematocrit or hemoglobin screening for all children  |
| Hepatitis B screening for adolescents at high risk   |
| HIV Screening for everyone ages 15-65, and other ages at higher risk   |
| Hypothyroidism screening for newborns  |
| Lead Screening for children at risk of exposure  |
| Obesity screening and counseling   |
| Phenylketonuria (PKU) screening for newborns   |
| Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk  |
| Vision screening for all children  |
| <b>Women Age 19 and greater</b>  |
| <b>Screenings</b>  |
| Anemia screening on a routine basis  |
| Alcohol and drug misuse screening and counseling   |
| Blood pressure screening   |
| Breast cancer mammography screenings every 1 to 2 years for women over 40  |
| Cervical cancer screening  |
| Chlamydia infection screening for younger women and other women at higher risk   |
| Cholesterol screening for adults of certain ages or at higher risk   |
| Colorectal cancer screening for adults 50 to 75  |
| Depression screening   |
| Diabetes (Type 2) screening for adults 40 to 70 years who are overweight or obese  |
| Diabetes screening for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before |
| Domestic and interpersonal violence, including elder abuse and abuse of vulnerable adults, screening and counseling for all adults                           |
| Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes                                   |
| Gonorrhea screening for all women at higher risk   |
| Hepatitis B screening for people at high risk, and pregnant women at their first prenatal visit  |
| Hepatitis C screening for adults at increased risk, and one time for everyone born 1945–1965   |
| HIV screening and counseling for everyone ages 15-65   |
| Lung cancer screening for adults 55-80 at high risk for lung cancer as heavy smokers or have quit in the past 15 years                                       |
| Obesity screening and counseling   |
| Osteoporosis screening for women over age 60 depending on risk factors   |
| Preeclampsia prevention and screening for pregnant women with high blood pressure  |
| Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk   |
| Sexually transmitted infections counseling and screening for those at higher risk  |
| Syphilis screening   |
| Tobacco use screening and interventions (Expanded tobacco intervention and counseling for pregnant tobacco users)  |
| Tuberculosis screening for certain adults without symptoms at high risk  |
| Urinary tract or other infection screening   |
| Urinary incontinence screening for women yearly  |
| <b>Immunizations</b>   |
| Diphtheria, Tetanus, Pertussis (Whooping Cough)  |
| Hepatitis A  |
| Hepatitis B  |
| Herpes Zoster  |
| Human Papillomavirus (HPV)   |
| Influenza (flu shot)   |
| Measles, Mumps, Rubella  |
| Meningococcal  |

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| Pneumococcal  |
| Tetanus   |
| Varicella (Chickenpox)  |
| <b>Other</b>  |
| Well-woman visits to get recommended services for women under 65  |
| Breast cancer genetic test counseling (BRCA) for women at higher risk   |
| Breast cancer chemoprevention counseling for women at higher risk   |
| Contraception: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). |
| Diet counseling for adults at higher risk for chronic disease   |
| Falls prevention (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting  |
| Folic acid supplements for women who may become pregnant  |
| Perinatal Depression: Preventive Interventions  |
| Statin preventive medication for adults 40 to 75 at high risk   |
| <b>Men Age 19 and greater</b>   |
| <b>Screenings</b>   |
| Abdominal aortic aneurysm one-time screening for Men Ages 65 to 75 Years who Have Ever Smoked   |
| Alcohol and drug misuse screening and counseling  |
| Blood pressure screening  |
| Cholesterol screening for adults of certain ages or at higher risk  |
| Colorectal cancer screening for adults 50 to 75   |
| Depression screening  |
| Diabetes (Type 2) screening for adults 40 to 70 years who are overweight or obese   |
| Domestic and interpersonal violence, including elder abuse and abuse of vulnerable adults, screening and counseling for all adults  |
| Hepatitis B screening for people at high risk   |
| Hepatitis C screening for adults at increased risk, and one time for everyone born 1945–1965  |
| HIV screening and counseling for everyone ages 15-65  |
| Lung cancer screening for adults 55-80 at high risk for lung cancer as heavy smokers or have quit in the past 15 years  |
| Obesity screening and counseling  |
| Sexually transmitted infections counseling and screening for those at higher risk   |
| Syphilis screening  |
| Tobacco use screening and interventions   |
| Tuberculosis screening for certain adults without symptoms at high risk   |
| <b>Immunizations</b>  |
| Diphtheria, Tetanus, Pertussis (Whooping Cough)   |
| Hepatitis A   |
| Hepatitis B   |
| Herpes Zoster   |
| Human Papillomavirus (HPV)  |
| Influenza (flu shot)  |
| Measles, Mumps, Rubella   |
| Meningococcal   |
| Pneumococcal  |
| Tetanus   |
| Varicella (Chickenpox)  |
| <b>Other</b>  |
| Diet counseling for adults at higher risk for chronic disease   |
| Falls prevention (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting  |
| Statin preventive medication for adults 40 to 75 at high risk   |

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