



2021

PREVENTIVE CARE BENEFITS

WOMEN'S WELLNESS MATTERS

The following preventive care visits and immunizations are 100 percent covered by your health insurance if rendered by an in-network provider. **Note:** The BlueSaver QHP preventive list has been expanded due to recent IRS guidelines. The list now includes certain medications targeted to manage chronic conditions. Please see the Elixir preventive drugs list for more details.

Preventive Care for Women

- Alcohol misuse screening and counseling (ages 18 and older)
- Anemia screening
- Aspirin to prevent cardiovascular disease (ages 55-79)
- Bacteriuria screening (pregnant women between 12 and 16 weeks gestation)
- Breast cancer preventive medications for at-risk women
- Breast cancer screening (ages 40 and older)
- Breastfeeding support, supplies, and counseling
- Cervical cancer screening
- Chest X-ray
- Chlamydial infection screening
- Cholesterol abnormalities screening for lipid disorders (ages 45 and older)
- Cholesterol abnormalities screening for coronary heart diseases (ages 20-35)
- Colorectal cancer screening (ages 45 and older)
- Contraceptive methods and contraceptive counseling (generics covered at 100%)
- Depression screening (adolescents and adults)
- Diabetes screening — Type 2 (with blood pressure greater than 135/80mmHg)
- Digital Breast Tomosynthesis (DBT), also known as 3D mammograms
- Electrocardiogram (EKG)
- Fall prevention in older adults: exercise or physical therapy and Vitamin D
- Folic acid supplementation (OTC not covered)
- Gestational diabetes mellitus screening (in asymptomatic pregnant women after 24 weeks of gestation)
- Glucose screening
- Gonorrhea screening
- Healthy diet and physical activity counseling to prevent cardiovascular disease
- Hearing exams
- Hemoglobin/complete blood count (CBC)
- Hepatitis B screening (adolescents and adults)
- Hepatitis C virus infection screening
- High blood pressure screening (ages 18 and older)
- HIV screening
- Human papillomavirus (HPV) testing
- Intimate partner violence screening
- Lead testing
- Lung cancer screening for adults age 55-80 who smoke or have quit in the last 15 years
- Metabolic screening
- Obesity screening and counseling (BMI of 30 or higher)
- Osteoporosis women screening (women 65+ who qualify per medical policy)
- Physical exam
- Preeclampsia screening and prevention (aspirin)
- Rh incompatibility screening (first prenatal visit and 24-28 weeks pregnant)
- Risk assessment and referral for BRCA testing and associated genetic counseling
- Sexually transmitted infections counseling supplementation
- Skin cancer behavioral counseling (ages 10-24)
- Syphilis infection screening — Not covered until June 1, 2017
- Thyroid stimulating hormone screening
- Tobacco use counseling and interventions (nonpregnant adults) — behavioral interventions and FDA-approved pharmacotherapy for cessation
- Tobacco use counseling (pregnant women): behavioral interventions for cessation to pregnant women who use tobacco
- Tuberculosis screening (adults with routine diagnosis) — Not covered until June 1, 2017
- Urinalysis
- Well-woman office visits (annual exam) including pelvic exams and pap smears

Immunizations for Women

- Haemophilus influenza type B (Hib) vaccine
- Hepatitis A&B (catch-up)
- Human papillomavirus (HPV) (ages 9-26)
- Influenza virus
- Measles, mumps, rubella (catch-up)
- Meningococcal
- Pneumococcal
- Polio vaccine
- Tetanus, diphtheria, pertussis (TD/Tdap)
- Varicella/chicken pox (catch-up)
- Zostavax (ages 60+)
- Shingrix (ages 50+)

Consult your primary care physician to determine which services are appropriate considering your age, gender, and personal health history.

Please review the Benefit Summary for out-of-network coverage. All services received from an out-of-network provider are subject to the out-of-network deductible and coinsurance, except for childhood immunizations, which are paid at 100%.