

## PREVENTIVE CARE BENEFITS

### MEN'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. **Services must be billed with a primary diagnosis of "Preventive Care" to be covered at 100 percent according to the County's plans.** Note: The BlueSaver QHDHP 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 Men

- Abdominal aortic aneurysm screening (65-75 who have never smoked)
- Alcohol misuse screening and counseling (ages 18 and older)
- Aspirin to prevent cardiovascular disease (ages 45-79)
- Chest X-ray
- Chlamydia trachomatis testing
- 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)
- Depression screening (adolescents and adults)
- Diabetes screening — Type 2 (with blood pressure greater than 135/80mmHg)
- Electrocardiogram (EKG)
- Falls prevention in older adults: exercise or physical therapy and Vitamin D supplementation
- 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
- 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)
- Physical exam
- Prostate exam and prostate specific antigen (PSA) tests
- Skin cancer behavioral counseling (ages 10-24)
- Sexually transmitted infections counseling
- Syphilis infection screening — Not covered until June 1, 2017
- Thyroid stimulating hormone screening
- Tobacco use counseling and interventions — behavioral interventions and FDA-approved pharmacotherapy for cessation
- Tuberculosis screening (adults with routine diagnosis) — Not covered until June 1, 2017
- Urinalysis

#### Immunizations for Men

- 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.