



What preventive care services are covered?

In order to prevent illness and disease, as well as minimizing health care costs, all Elevanta Health plans, including the Minimum Essential Coverage (MEC) plans, cover a list of preventative services at no out-of-pocket cost to members. That means no copayments, coinsurance or deductibles. This applies only when these services are delivered by an in-network provider.

Preventative Care Services covered 100% include:

Adults

1. **Abdominal Aortic Aneurysm** one-time screening for men of specified ages who have ever smoked
2. **Alcohol Misuse** screening and counseling
3. **Aspirin** use to prevent cardiovascular disease for men and women of certain ages
4. **Blood Pressure Screening** for all adults
5. **Cholesterol Screening** for adults of certain ages or at higher risk
6. **Colorectal Cancer Screening** for adults over 50
7. **Depression Screening** for adults
8. **Diabetes (Type 2) Screening** for adults with high blood pressure
9. **Diet Counseling** for adults at higher risk for chronic disease
10. **Falls Prevention** (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting
11. **Hepatitis B Screening** for people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S. – born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
12. **Hepatitis C Screening** for adults at increased risk, and one time for everyone born 1945 – 1965
13. **HIV** screening for everyone ages 15 to 65, and other ages at increased risk
14. **PrEP (pre-exposure prophylaxis) HIV prevention medication** for HIV-negative women at high risk for getting HIV through sex or injection drug use
15. **Immunization** vaccines for adults – doses, recommended ages, and recommended populations vary:
 - Chickenpox (Varicella)
 - Diphtheria, Tetanus, Pertussis (Whooping Cough) (Tdap or Td)
 - Hepatitis A & B
 - Human Papillomavirus (HPV)
 - Influenza (Flu Shot)
 - Measles, Mumps Rubella (MMR)
 - Meningococcal
 - Pneumococcal
 - Shingles



Adults (cont'd)

16. **Lung Cancer Screening** for adults 55 – 80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years
17. **Obesity** screening and counseling for all adults
18. **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk
19. **Statin Preventative Medication** for adults 40 to 75 at high risk
20. **Syphilis** screening for all adults at higher risk
21. **Tobacco Use Screening** for all adults and cessation interventions for tobacco users
22. **Tuberculosis Screening** for certain adults without symptoms at high risk

Women, including pregnant women

1. **Breastfeeding** comprehensive support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
2. **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). This does not apply to health plans sponsored by certain exempt "religious employers".
 - Barrier methods, like diaphragms and sponges
 - Hormonal methods, like birth control pills and vaginal rings
 - Implanted devices, like intrauterine devices (IUDs)
 - Emergency contraception, like Plan B[®] and ella[®]
 - Sterilization procedures
 - Patient education and counseling

** Plans are not required to cover drugs to induce abortions and services for male reproductive capacity, like vasectomies.*
3. **Folic Acid Supplements** for women who may become pregnant
4. **Gestational Diabetes Screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
5. **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
6. **Gonorrhea screening** for all women at higher risk
7. **Hepatitis B screening** for pregnant women at their first prenatal visit
8. **Maternal depression screening for mothers at well-baby visits**
9. **Preeclampsia Prevention and Screening** for pregnant women with high blood pressure
10. **Rh Incompatibility** screening for all pregnant women and follow-up testing for women at higher risk
11. **Syphilis** screening for all pregnant women or other women at increased risk
12. **Expanded Tobacco Intervention and Counseling** for pregnant tobacco users
13. **Urinary tract** or other infection screening for pregnant women



Women, including pregnant women (cont'd)

14. **Bone density screening** for all women over age 65 or women age 64 and younger that have gone through menopause.
15. **Breast Cancer Genetic Test Counseling (BRCA)** risk assessment and genetic testing for women who have family members with breast, ovarian, tubal, or peritoneal cancer
16. **Breast Cancer Mammography Screenings**
 - Every 2 years for women over 50
 - As recommended by a provider for women 40 – 49
 - Women at higher risk for breast cancer
17. **Breast Cancer Chemoprevention** counseling for women at higher risk
18. **Cervical Cancer** screening for sexually active women. Pap test (also called a Pap smear) every 3 years for women 21-65; Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30-65 who don't want a Pap smear every 3 years
19. **Chlamydia** Infection screening for younger women and other women at higher risk
20. **HIV screening and counseling** for everyone age 15 to 65, and other ages at increased risk
21. **PrEP (pre-exposure prophylaxis) HIV prevention medication** for HIV-negative women at high risk for getting HIV through sex or injection drug use
22. **Sexually transmitted infections counseling** for sexually active women
23. **Domestic and interpersonal violence** screening and counseling for all women
24. **Tobacco use** screening and interventions
25. **Urinary incontinence screening** for women yearly
26. **Well-woman visits** to get recommended services for women under 65

Children

1. **Alcohol, tobacco, and Drug Use** assessments for adolescents
2. **Autism** screening for children at 18 and 24 months
3. **Behavioral assessments** for children at the following ages: 0–11 months and 1 – 17 years
4. **Bilirubin Concentration Screening** for newborns
5. **Blood Pressure** screening for children at the following ages: 0–11 months and 1 – 17 years
6. **Blood Screening** for newborns
7. **Depression** screening for adolescents
8. **Developmental** screening for children under age 3
9. **Dyslipidemia** screening for children at higher risk of lipid disorders at the following ages: once between 9 – 11 years and once between 17 – 21 years
10. **Fluoride** supplements for children without fluoride in their water source
11. **Fluoride Varnish** for all infants and children as soon as teeth are present
12. **Gonorrhea** preventive medication for the eyes of all newborns



Children (cont'd)

13. **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
14. **Height, Weight and Body Mass Index** measurements for children at the following ages: 0–11 months and 1–17 years
15. **Hematocrit or Hemoglobin** screening for children
16. **Hemoglobinopathies or sickle cell** screening for newborns
17. **Hepatitis B Screening** for adolescents at high risk, including adolescents from countries with 2% or more Hepatitis B prevalence, and U.S.–born adolescents not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence: 11–17 years
18. **HIV** screening for adolescents at higher risk
19. **Hypothyroidism** screening for newborns
20. **PrEP (pre-exposure prophylaxis) HIV prevention medication** for HIV-negative adolescents at high risk for getting HIV through sex or injection drug use
21. **Immunization Vaccines** for children from birth to age 18 – doses, recommended ages, and recommended populations vary:
 - Chickenpox (Varicella)
 - Diphtheria, Tetanus, and Pertussis(Whooping Cough) (DTap)
 - Haemophilus influenza type b
 - Hepatitis A & B
 - Human Papillomavirus (HPV)
 - Inactivated Poliovirus
 - Influenza (Flu Shot)
 - Measles, Mumps, Rubella (MMR)
 - Meningococcal
 - Pneumococcal
 - Rotavirus
22. **Lead screening** for children at risk of exposure
23. **Maternal Depression Screening** for mothers of infants at 1, 2, 4, and 6–month visits
24. **Obesity** screening and counseling
25. **Oral Health risk** assessment for young children Ages: 0 – 11 months and 1 – 17 years
26. **Phenylketonuria (PKU)** screening for this genetic disorder in newborns
27. **Sexually Transmitted Infection (STI)** prevention counseling and screening for adolescents at higher risk
28. **Tuberculin** testing for children at higher risk of tuberculosis at the following ages: 0 to 11 months and 1 to 17 years
29. **Vision** screening for all children.
30. **Well-baby and well-child visits** 3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months and annually 1 to 17 years