



Covered Preventive Services

Effective August 1, 2012 for group and non-grandfathered individual plans

Adult Preventive Healthcare

Procedure	Purpose	Limitations
Abdominal Aortic Aneurysm (AAA screening)	Detect Abdominal Aneurysm	Males between the age of 65-75 who have ever smoked.
Blood Pressure	Screen for High Blood Pressure/Hypertension	Generally done as part of every check-up visit.
Cholesterol and/or Lipid Panel	Prevent Heart/Vascular Disease	One cholesterol test per year.
Depression Screening	Detect Depression	Primary Care Setting - Screening only for adults. Per recommendation, practitioner must be able to provide referrals to patients with positive screenings for access to appropriate diagnosis, treatment and follow-up.
Colorectal Cancer Screening	Screen for Colorectal Cancer	One colorectal cancer screening every 10 years for adults 50-75 via sigmoidoscopy, fecal blood test, or colonoscopy.
High-Intensity Behavioral Counseling of Sexually Transmitted Infections (STI)	Prevent STI's	Primary Care Setting - Counsel adults at increased risk for STI.
HIV Screening	Screen for HIV	All adults at increased risk.
Immunizations	Prevention of Disease	Immunization schedule as recommended by the Advisory Committee on Immunization Practices and the CDC.
Obesity Screening - Offer Counseling and/or Behavioral Interventions	Screen for Obesity	Primary Care Setting - Screen all adults and provide counseling or interventions of at-risk adults. Yearly screening and six counseling visits per year.
PSA (Prostate Specific Antigen)	Screen for Prostate Cancer	Limited to men, one per year.
Preventive Health / Wellness Visit	General Health	One physical per year.
Promote Healthy Diet in High-Risk Patients with Hyperlipidemia and Other Known Cardiovascular and Diet-Related Chronic Diseases	Prevent Cardiovascular & Diet-Related Chronic Disease	Primary Care Setting - Counseling of high-risk individuals or specialist referral. Six visits per year.
Recommendation of Aspirin Use	Prevent Stroke and Heart Attack	Generally done as part of a wellness visit.
Screening and Counseling for Alcohol Consumption	Prevent Misuse of Alcohol	Primary Care Setting - Screen all adults and provide counseling or interventions of at-risk adults.
Screening for Type II Diabetes in Asymptomatic Adults with Blood Pressure Greater than 135/80	Identify High Blood Sugar	Asymptomatic adults.
Syphilis Infection Screening	Detect Syphilis Virus Infection	Primary Care Setting -Screen adults at increased risk.
Tobacco Assessment and Counseling / Interventions	Screen for and Prevent Tobacco-Related Chronic Conditions and Diseases	Primary Care Setting - Screen all adults and provide counseling or interventions of at-risk adults. Covered at 100% in a primary care setting only.

*PLEASE NOTE: Does not apply to Indigo Individual™ grandfathered policies. Please refer to your Schedule of Benefits for details.

Pediatric Preventive Healthcare in the Primary Care Setting

Newborn screenings are generally done in the hospital and are not separately identifiable or billable.

Procedure	Purpose	Limitations
Preventive Health / Wellness Visit	General Health	Limitations vary by age.
Immunizations	Prevention of Diseases	Immunization schedule as recommended by the Advisory Committee on Immunization Practices and the CDC.
Autism Screening	Developmental detection	At age 18 mos and 24 mos. Limit 2 per lifetime.
Assessments (psychosocial or drug/alcohol)	Prevention or mitigation of risky behavior	Up to age 21.
Blood Lead Test	Detect Lead Exposure	At 12 months and 24 months - Only if at risk.
Blood Pressure	Detection of Abnormal Blood Pressure	At every checkup, beginning at age 3.
Cervical Cancer Screening / Pelvic Exam and Pap Test	Detect Cervical Cancer	Yearly for female adolescents at increased risk, if sexually active.
Congenital Hypothyroidism Screening	Detect Hypothyroidism	Newborn under age one month - Screening only.
Counseling on Sexually Transmitted Infections (STI)	Prevent STIs	Yearly for all adolescents at increased risk for STIs.
Depression Screening	Detect Major Depression	Each yearly preventive visit for adolescents age 12 to 17.
Developmental Screening	Delays Not Easily Detectible	Part of routine preventive health screening.
Gonorrhea, Prophylactic Eye Medication	Prevent Eye Infection	Newborn - Administered at time of birth.
Hearing Test	Detect Hearing Loss	Newborn - Administered at time of birth, and up to age 21.
Heritable Disorder Screening	Detect Abnormalities	Newborns - Recommended uniform screening panel.
HIV Screening	Screen for HIV Infection	Yearly for all adolescents at increased risk for HIV infection.
Iron Deficiency / Anemia Screening	Detect Iron Deficiency / Anemia	Six to 12 months old.
Metabolic Screening Panel	Detect Abnormalities	Newborn under age two months.
Obesity Screening	Prevent Complications of Being Overweight	Generally done as part of routine preventive visit.
Phenylketonuria (PKU) Screening	Detect PKU	Newborn - Testing must occur between 48 hours and four days of birth.
Preventive Health / Wellness Visit	General Health	Limitations vary by age.
Primary Care Setting - Physician Recommends Iron Supplement	Prevent Iron Deficiency / Anemia	Six to 12 months old.
Primary Care Setting - Physician Recommends Fluoride Supplement	Prevent Dental Caries (Cavities)	Recommendation is for physician to screen for adequacy of fluoride.
Scoliosis Screening	Detection of Spinal Abnormality	Each preventive visit.
Sexually Transmitted Disease Screening	Detect Chlamydia, Syphilis, and Gonorrhea infections	Up to age 21.
Sickle Cell Disease Screening	Detect Sickle Cell Disease	Newborn under age two months.
Tuberculosis	Detection of Tuberculosis	Up to age 21.
Vision Test	Age Appropriate Screenings. Detect vision abnormalities such as amblyopia, strabismus, visual acuity defects.	Primary care setting and is not a refractive examination by an ophthalmologist.

Additional Recommendations for Women

Procedure	Purpose	Limitations
Bone Density Testing	Detect Osteoporosis	Covers one per year.
BRCA1 & BRCA2 Counseling	Primary Care Setting - Counseling/Risk Assessment to Confirm Criteria for Referral of Evaluation of BRCA1 and BRCA2 Genetic Mutation Testing - Yearly.	Females, counseling only.
Breastfeeding Support / Interventions	Promote and Support Breastfeeding	Females. Limited to two classes per year. Purchase of standard manual or electric pump within 60 days of delivering. One set of replacement supplies per subsequent pregnancies.
Cervical Cancer Screening / Pelvic Exam and Pap Test	Detect Cervical Cancer	Females. PHP covers one screening exam per year.
Chemoprevention	Prevent Cancer in Individuals with High-Risk of Breast Cancer	Counseling for women with a high risk for breast cancer and a low risk for adverse chemotherapy effects. Generally part of preventive health visits with primary care physician or ob/gyn.
Chlamydia Screening	Detect Chlamydia Infection	Yearly for females at increased risk.
Contraceptives/Sterilization	Prevent Pregnancy	FDA Approved, Physician-prescribed generic contraceptives and sterilization methods. Brand name contraceptives subject to cost sharing when generic is available.
Gonorrhea Screening	Detect Gonorrhea Infection	Yearly for females at increased risk.
Routine Screening Mammogram	Detect Breast Cancer	Females. PHP covers one screening exam per year.

Prenatal Healthcare

These services are generally done as part of a routine OB lab panel and are not separately identifiable or billable.

Procedure	Purpose	Limitations
Chlamydia Screening	Detect Chlamydia	Females. First prenatal visit.
Gonorrhea Screening	Detect Gonorrhea Infection	All pregnant women at first prenatal visit and second screening during third trimester for those at continued risk or acquire new risk.
Hepatitis B Virus Infection Screening	Detect Hepatitis B Infection	All pregnant women during first prenatal visit.
HIV Screening	Detect HIV Infection	All pregnant women during first prenatal visit.
Iron Deficiency Anemia Screening	Detect Iron Deficiency Anemia	Routine screening of all pregnant women including those without symptoms.
Rh (D) Incompatibility Screening	Detect Rh Incompatibility	Routine screening of all pregnant women during first prenatal visit. Second screening repeated in all unsensitized Rh negative women at 24-28 weeks' gestation, unless the biological father is known to be Rh negative.
Screening for Asymptomatic Bacteriuria	Detect Bacteria in Urine	All pregnant women, at 12 to 16 weeks' gestation or at the first prenatal visit, if later.
Syphilis Screening	Detect Syphilis Virus Infection	All pregnant women during first prenatal visit.

Pharmacy Service

For over the counter medicine to be considered under preventive, you must have a prescription from your physician and it must be processed at the pharmacy. Receipts submitted to PHP will not be considered for reimbursement.

Drug	Limitations	Dosage
Aspirin	Men - age 45-79 years Women - age 55-79 years	81 mg daily/30 per month 325 mg daily/15 per month
Iron Supplements	6 - 12 months	30 day supply
Fluoride	6 months - 6 years When primary water source is deficient in Fluoride	6 month - 3 years - 0.25 mg/day 3-6 years - 0.50 mg/day
Folic Acid	Women of childbearing age	0.4 - 0.8 mg of folic acid 30 day supply
Chantix	Smoking Cessation	30 day supply 6 months per 12 month time period

This list was compiled using the services rated 'A' or 'B' by the U.S. Preventive Services Task Force, as well as immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. It also includes preventive care and screenings for women and children as recommended by the Health Resources and Services Administration.

A test or service that is not covered under Preventive Coverage may be an eligible health service under another benefit and subject to member cost sharing. This list may not be inclusive and can change from time to time. Please contact PHP Customer Service at (260) 432-6690, ext. 11 or 1-800-982-6257, ext. 11 with any questions.