

Routine exams, immunizations and screenings for members age 18 and older

Being your healthy best is a little easier when you focus on prevention. That's why we encourage members to follow these preventive care guidelines. They are recommended by the U.S. Preventive Services Task Force and are consistent with the Affordable Care Act. These screenings and services are covered at no cost when performed by an in-network provider. If no plan limit is specified, we cover your preventive care during primary doctor visits.

Preventive exams	Gender	Age	Plan limit
Routine physical exams and checkups	Both	22+	One per year
Health screenings and counseling	Gender	Age	Plan limit
Abdominal aortic aneurysm	Male	65 – 75	Once during lifetime
Type 2 diabetes melitus	Both	18+	NA
Screening for depression	Both	All	NA
Osteoporosis in postmenopausal women	Female	60+	Once every two years
Screening and counseling for HIV	Both	All	NA
Screening for lipid disorders	Both	20+	Once per year
Counseling for lipid disorders	Both	All	NA
Chlamydia infection	Female	All	NA
Gonorrhea infection	Female	All	NA
Syphilis infection	Both	All	NA
Screening and behavioral counseling interventions in primary care to reduce alcohol misuse	Both	All	NA
Behavioral counseling to prevent sexually transmitted infections	Both	All	NA
Contraceptive counseling	Both	All	NA
Folic acid screening and supplementation	Both	All	NA
Hypertension	Both	All	NA
Motor-vehicle-related injury prevention	Both	All	NA
Primary prevention of cardiovascular events	Both	All	NA
Primary care to promote a healthy diet	Both	All	NA
Prevent tobacco use and tobacco-caused diseases	Both	All	NA
Screening and counseling for obesity	Both	All	NA
Lung cancer screening for smokers	Both	55+	NA

➤ Preventive services for adults

Maternity screenings	Gender	Age	Plan limit
Asymptomatic bacteriuria	Female	All	Once per pregnancy
Iron deficiency anemia	Female	All	None
Hepatitis B virus +	Female	All	Once per pregnancy, when at risk
Iron deficiency anemia – including iron supplementation for pregnant women	Female	All	NA
Rh (D) incompatibility	Female	All	NA
Counseling: Prenatal diagnosis of chromosomal abnormalities and neural tube defects	Female	All	NA
Primary care counseling to promote breastfeeding	Female	All	NA
Immunizations	Gender	Age	Plan limit
Hepatitis B	Both	19+	Three doses
Influenza	Both	19+	Once per flu season
Meningococcal	Both	19+	Once in a lifetime
Human papillomavirus (HPV)	Both	19 – 26	Three doses
Measles, mumps and rubella (MMR)	Both	19+	Two doses
Td/Tdap (tetanus)	Both	19+	NA
Varicella (chickenpox)	Both	19+	Two doses
Zoster (shingles)	Both	60+	Once in a lifetime
Cancer screenings	Gender	Age	Plan limit
Cervical cancer via pap smear	Female	All	NA
Colorectal cancer (fecal occult)	Both	50+	Once a year
Colorectal cancer (colonoscopy)	Both	50+	Once every 10 years
Colorectal cancer (sigmoidoscopy)	Both	50+	Once every five years
Breast cancer	Female	40+	NA
Counseling: Chemoprevention of breast cancer	Both	All	NA
Counseling: Genetic risk assessment and BRCA for breast and ovarian cancer susceptibility	Female	All	NA

➤ Preventive services for adults

Women's preventive care	Gender	Age	Plan limit
FDA-approved generic contraceptives (i.e., oral, injectables or transdermal) are covered at a \$0 copay under your pharmacy or medical benefits.	Female	All	NA
Two female condoms, the FC Condom and Reality Condom, will be covered as over-the-counter (OTC) contraceptive methods under your pharmacy benefit at a \$0 copay when prescribed by a physician.	Female	All	NA
Other contraceptives such as barrier devices (i.e., diaphragm, IUD or cervical cap) will be covered at a \$0 copay because no generics are available. Covered under your pharmacy or medical plan.	Female	All	NA
Plan B (morning after pill) is covered at a \$0 copay when prescribed by a doctor. If you need this medication quickly, a retail pharmacist may call the doctor to obtain the prescription for you.	Female	All	NA
Tubal ligation, also known as sterilization, is covered at no cost. Associated charges such as anesthesia, labs and so on are also covered at no cost. Any applicable exclusion periods continue to apply. Complications of the surgery are subject to standard medical benefits.	Female	All	NA
Well-woman visits. Please refer to the Preventive exams section on page 1.	Female	All	NA
Breastfeeding support, supplies and counseling are covered at a \$0 copay with no deductible.	Female	All	NA
Lactation support and counseling are covered at no cost per pregnancy from a licensed provider (in a hospital or office).	Female	All	NA
Screening for gestational diabetes is covered at no cost for pregnant women between 24 and 28 weeks of gestation, and during the first prenatal visit for pregnant women at high risk for diabetes.	Female	All	NA
Human papillomavirus (HPV) screening is covered at no cost with no age limit.	Female	All	NA
Counseling for sexually transmitted infections is covered at no cost during an annual well-woman visit for sexually active women.	Female	All	NA
Counseling and screening for HIV is covered at no cost during an annual well-woman visit for sexually active women.	Female	All	NA
Counseling and screening for interpersonal and domestic violence is covered at no cost during annual well-woman visits.	Female	All	NA

This list is based on the recommendation of the U.S. Preventive Services Task Force and may change in order to be compliant with the Affordable Care Act. This list is in force for nongrandfathered plans. Some services listed here are covered based on how the provider bills the claim submitted to Mada Health. This list is a summary only. For a complete description of your benefits, please refer to your policy or your Member Handbook.