



# APPENDIX A\*

## PREVENTIVE SERVICES COVERED WITHOUT COST-SHARING

The following preventive services are covered without copayment or cost-sharing. Your plan may provide additional preventive services at no cost to you; consult your Copayment Summary for more information.

Service	ADULTS		SPECIAL POPULATIONS	
	Men	Women	Pregnant Women	Children
Abdominal Aortic Aneurysm, Screening <sup>1</sup>	x			
Alcohol Misuse Screening and Behavioral Counseling Interventions by PCP	x	x	x	
Anemia, Prevention – Counseling by PCP <sup>2</sup>				x
Anemia, Screening <sup>3</sup>			x	
Anemia, Screening – Hemoglobin/Hematocrit in Childhood <sup>4</sup>				x
Annual Well Visits for Children <sup>5</sup>				x
Annual Well Visits for Men <sup>39</sup>	x			
Annual Women’s Well Visits <sup>6</sup>		x		
Aspirin for the Prevention of Cardiovascular Disease, Counseling by PCP <sup>7</sup>	x	x		
Asymptomatic Bacteriuria in Adults, Screening <sup>8</sup>			x	
Birth Control <sup>35</sup>		x		
Breast Cancer, Screening <sup>9</sup>		x		
Chemoprevention for Breast Cancer for High Risk Women, Discussion with PCP		x		
Breast and Ovarian Cancer Susceptibility, Genetic Risk Assessment and BRCA Mutation Testing <sup>10</sup>		x		
Breastfeeding Support, Supplies and Counseling <sup>11</sup>		x	x	
Cervical Cancer, Screening <sup>12</sup>		x		
Chlamydial Infection, Screening <sup>13</sup>		x	x	
Colorectal Cancer, Screening <sup>14</sup>	x	x		
Congenital Hypothyroidism, Screening <sup>15</sup>				x
Dental Caries in Preschool Children, Prevention <sup>16</sup>				x
Depression (Adults), Screening <sup>17</sup>	x	x		
Diet, Behavioral Counseling by PCP to Promote a Healthy Diet <sup>18</sup>	x	x		
Domestic Abuse, Screening/Counseling		x		
Folic Acid Supplementation, Generic Prescription Folic Acid (Brand Name is Not Covered) <sup>19</sup>			x	
Gestational Diabetes, Screening <sup>36</sup>			x	
Gonorrhea, Screening <sup>20</sup>		x	x	
Gonorrhea, Prophylactic Medication <sup>21</sup>				x
Hearing Loss in Newborns, Screening <sup>15</sup>				x
Hepatitis B Virus Infection, Screening <sup>22</sup>			x	
High Blood Pressure, Screening	x	x		

Service	ADULTS		SPECIAL POPULATIONS	
	Men	Women	Pregnant Women	Children
HIV, Screening <sup>23</sup>	x	x	x	x
HPV, Screening <sup>37</sup>		x		
Immunizations <sup>24</sup>	x	x		x
Lead Screening up to Age 7				x
Lipid Disorders in Adults, Screening <sup>25</sup>	x	x		
Major Depressive Disorder in Children and Adolescents, Screening <sup>26</sup>				x
Obesity in Adults, Screening <sup>27</sup>	x	x		
Osteoporosis in Postmenopausal Women, Screening <sup>28</sup>		x		
Phenylketonuria, Screening <sup>15</sup>				x
Rh (D) Incompatibility, Screening <sup>29</sup>			x	
Sexually Transmitted Infections, Counseling by PCP or OB/GYN <sup>30</sup>	x	x		x
Sickle Cell Disease, Screening <sup>15</sup>				x
Syphilis Infection, Screening <sup>31</sup>	x	x	x	
Tubal Ligations <sup>38</sup>		x		
TB Skin Test				x
Tobacco Use and Tobacco-Caused Disease, Counseling by PCP and Generic Prescription Medications (Brand Name and Over the Counter Medications Not Covered) <sup>32</sup>	x	x	x	
Type 2 Diabetes Mellitus in Adults, Screening <sup>33</sup>	x	x		
Visual Impairment in Children Younger than Age 5 Years, Screening <sup>34</sup>				x

**Footnotes:**

\* This Appendix A includes the evidence-based items or services that have in effect a rating of A or B in the current recommendations of the United States Preventive Services Task Force with respect to the individual involved (<http://www.ahrq.gov/clinic/pocketgd09/gcp09s1.htm>) and, with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in comprehensive guidelines supported by the Health Resources Services Administration. In order for an office visit to be considered “preventive,” the service must have been provided or ordered by your PCP, or an OB/GYN who is a Participating Physician within your Medical Group or participating in Advantage Referral, and the primary purpose of the office visit must have been to obtain the preventive service. WHA and its Medical Groups may impose reasonable medical management techniques to determine the frequency, method, treatment or setting for a preventive service or item unless the particular guideline itself specifies otherwise. WHA does not cover any medications or supplements that are generally available over the counter, even if the Member has received a Prescription for the medications or supplements.

- <sup>1</sup> One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.
- <sup>2</sup> Counseling regarding routine iron supplementation for asymptomatic children aged 6 to 12 months who are at increased risk for iron deficiency anemia. Iron supplements are available over the counter and are not covered.
- <sup>3</sup> Routine screening in asymptomatic pregnant women.
- <sup>4</sup> Screening for anemia in children under age 18.
- <sup>5</sup> Children under age 18.
- <sup>6</sup> Women of all ages.
- <sup>7</sup> When the potential harm of an increase in gastrointestinal hemorrhage is outweighed by a potential benefit of a reduction in myocardial infarctions (men aged 45-79 years) or in ischemic strokes (women aged 55-79 years).

- <sup>8</sup> Pregnant women at 12-16 weeks gestation or at first prenatal visit, if later.
- <sup>9</sup> Mammography every 1-2 years for women 40 and older.
- <sup>10</sup> Referral for women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes for genetic counseling and evaluation for BRCA testing.
- <sup>11</sup> Lactation support, supplies and counseling during pregnancy and post-partum to promote and support breastfeeding.
- <sup>12</sup> Women aged 21-65 who have been sexually active and have a cervix.
- <sup>13</sup> Sexually active women 24 and younger and other asymptomatic women at increased risk for infection. Asymptomatic pregnant women 24 and younger and others at increased risk.
- <sup>14</sup> Adults aged 50-75 using fecal occult blood testing, sigmoidoscopy, or colonoscopy. Procedures to treat any abnormalities will require a copayment, even if performed at the same time as the screening.
- <sup>15</sup> Newborns.
- <sup>16</sup> Prescription of oral fluoride supplementation at currently recommended doses to preschool children older than 6 months whose primary water source is deficient in fluoride.
- <sup>17</sup> In clinical practices with systems to assure accurate diagnoses, effective treatment, and follow-up.
- <sup>18</sup> Adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease.
- <sup>19</sup> Recommendation that women pregnant or planning on pregnancy have folic acid supplement.
- <sup>20</sup> Sexually active women, including pregnant women 25 and younger, or at increased risk for infection.
- <sup>21</sup> Prophylactic ocular topical medication for all newborns against gonococcal ophthalmia neonatorum.
- <sup>22</sup> Pregnant women at first prenatal visit.
- <sup>23</sup> All adolescents and adults at increased risk for HIV infection and all pregnant women.
- <sup>24</sup> Immunizations for routine use in children, adolescents, and adults that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (ACIP).
- <sup>25</sup> Men aged 20-35 and women over age 20 who are at increased risk for coronary heart disease; all men aged 35 and older.
- <sup>26</sup> Adolescents (age 12-18) when systems are in place to ensure accurate diagnosis, psychotherapy, and follow-up.
- <sup>27</sup> Discussion/counseling about intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.
- <sup>28</sup> Women 65 and older and women 60 and older at increased risk for osteoporotic fractures.
- <sup>29</sup> Blood typing and antibody testing at first pregnancy-related visit. Repeated antibody testing for unsensitized Rh (D)-negative women at 24-28 weeks gestation unless biological father is known to be Rh (D) negative.
- <sup>30</sup> All sexually active adolescents and adults at increased risk for sexually transmitted infections.
- <sup>31</sup> Persons at increased risk and all pregnant women.
- <sup>32</sup> Discussion/counseling about tobacco cessation interventions for those who use tobacco. Augmented pregnancy-tailored counseling to pregnant women who smoke. Generic prescription medications are covered.
- <sup>33</sup> Asymptomatic adults with sustained blood pressure greater than 135/80 mg Hg.
- <sup>34</sup> To detect amblyopia, strabismus, and defects in visual acuity.
- <sup>35</sup> Birth Control Pills are no-cost for Generic only. Includes prescribed morning-after pill for women under age 17. Includes diaphragms, rings, cervical caps, IUDs, patches, injections and implants.
- <sup>36</sup> Pregnant women between 24 and 28 weeks of gestation and at the first prenatal visit for pregnant women identified to be at high risk for diabetes.
- <sup>37</sup> Every three years for women 30 and older.
- <sup>38</sup> Includes tubal ligations performed in connection with another procedure, such as cesarean delivery. Includes tubal ligations performed in connection with an abortion.
- <sup>39</sup> No cost coverage provided by WHA but not mandated by state or federal law.