



## Preventive Care for Men and Women

All services must be obtained by an in-network provider. This list is subject to change based upon the Health Care Reform.

### Physical Exam

Visits/physical exam including height, weight, blood pressure, skin exam and medical history.

### Testing/Screening

- Alcohol misuse
- Blood glucose or A1C
- Blood pressure screening
- Cholesterol/Lipid screening
- Colonoscopy or Sigmoidoscopy beginning at age 50, or sooner if at high risk
- Depression/mental health
- Diabetes (type 2) screening for those who have high blood pressure
- Domestic and interpersonal violence screening
- Fecal Occult Blood
- HIV screening
- Obesity
- Oral health exam by physician†
- Sexually transmitted infections screening
- Syphilis screening for those at high risk
- Tobacco use
- TSH (Thyroid test)

### Additional Testing for Men

- Abdominal aortic aneurysm one-time screening for men of specified ages who have smoked

### Additional Testing for Women

- Anemia (iron deficiency) screening
- Bone density (osteoporosis) screening for women over age 50 depending on risk factors
- Chlamydia infection screening for younger women and other women at higher risk
- Folic acid supplements for women who may become pregnant\*
- Gestational diabetes screening for women 24 to 28 weeks pregnant and those at risk of developing gestational diabetes\*
- Gonorrhea screening for all women at higher risk
- HPV DNA testing every three years for women with normal cytology results who are 30 and older
- Mammogram beginning at age 40 with baseline exam between ages 35-39. 3-D mammography is covered effective 1/1/2017.
- PAP Smear (cervical)
- RH incompatibility screening for all pregnant women
- Urine culture for asymptomatic bacteriuria\*

### Counseling

- Counseling services for: Alcohol; Dietary for chronic disease; HIV; Sexually Transmitted Infections; Breast and ovarian cancer genetic risk; Breast cancer chemo prevention for women at higher risk; Breast Cancer Genetic Test Counseling (BRAC); Breast feeding support, supplies and counseling\*; Folic acid supplements and use.\*

### Immunizations

- Hepatitis A (at risk); Hepatitis B (at risk); Herpes Zoster (Shingles) – 60+ years; Human Papillomavirus (HPV) – 19-26 years; Influenza (Flu shot); Measles, Mumps, Rubella (MMR); Meningococcal (Meningitis) – at risk; Pneumococcal (Pneumonia) – at risk of, 65+ years; Tetanus, Diphtheria, Pertussis (Whooping Cough); Varicella (Chickenpox)

† Oral exam is not covered under the Health Care Reform if performed by a dentist. \*For pregnant women.

