

We are a church organization serving other church organizations with affordable health and benefits coverage tailored to the unique needs of each member organization. We understand the Church because we are part of the Church.



Health Solutions



Preventive Care

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 45, 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

- Abdominal aortic aneurysm one-time screening for individuals of specified ages who have smoked
- Anemia (iron deficiency) screening
- Bone density (osteoporosis) screening for individuals over age 50 depending on risk factors

- Chlamydia infection screening for younger individuals and others at higher risk
- Folic acid supplements for individuals who may become pregnant*
- Gestational diabetes screening for those 24 to 28 weeks pregnant and those at risk of developing gestational diabetes*
- Gonorrhea screening for all individuals at higher risk
- HPV DNA testing every three years for individuals 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 pregnancy
- 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

COVID-19; Hepatitis A (at risk); Hepatitis B (at risk); Herpes Zoster (Shingles) – 50+ 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.

