

Preventive Care Services Coverage

Regence is adding coverage in new and renewing insurance policies for preventive visits and certain preventive services with no cost-sharing for members. This is required in some policies by the federal Patient Protection and Affordable Care Act.

If you have a new Regence policy beginning on or after September 23, 2010, or with your existing policy’s renewal on or after that date*, the following preventive services are covered at 100% (not subject to deductibles, copayments, or coinsurance), subject to certain age and frequency restrictions. For many plans, the preventive services will be covered at 100% only if received from preferred and participating providers – please check your policy benefit booklet or contract for coverage details.

The evidence-based preventive guidelines are developed and validated by the following government entities:

- United States Preventive Services Task Force (USPSTF)
- Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC)
- Health Resources and Services Administration (HRSA)

Below is a current summary of those defined services. In addition to these services, routine visits for preventive care (including, but not limited to, routine well-baby and well-child exams and physical exams for adults) are included.

For more detailed information on these preventive services, including recommended timelines for child and adolescent immunizations, please visit the [healthcare.gov website](http://healthcare.gov). Guidelines for preventive services are periodically updated to reflect new scientific and medical advances. As new services are approved, they will be covered within one year of the new service being approved. Additionally, current services could also be revised and subject to different limitations; thus benefits are subject to change. Please call the Customer Service number on the back of your member I.D. card for any questions on the covered services below.

Covered Preventive Services for Adults	
Screenings, Tests and Counseling	
<ul style="list-style-type: none"> • Adult Aortic Aneurysm Screening – covered once per lifetime for men age 65 and over if ever smoked • Alcohol Misuse screening and Behavioral Counseling Intervention – age 19 and older • Anemia (iron deficiency) screening – up to age 21 • Aspirin use for the prevention of cardiovascular disease – requires a prescription, for men age 45-79 and women age 55-79 • Blood Pressure screening - age 18 and older • Cholesterol screening - all men at age 35 and older and men ages 20-35 who are at increased risk for cardiovascular disease. Women at age 45 and older and those 20-45 who are at increased risk. • Colorectal Cancer screening – age 50 and older, once every 5 years for a sigmoidoscopy and every 10 years for a colonoscopy, fecal occult blood testing annually 	<ul style="list-style-type: none"> • Depression screening • (Type 2) Diabetes screening for adults with sustained high blood pressure • Diet behavioral counseling for adults with high cholesterol and other risk factors • Gonorrhea screening – up to age 21 • HIV Screening – for those at increased risk and those up to age 21 • Lead screening – up to age 21 • Obesity screening and counseling • Sexually Transmitted Infection (STI) prevention counseling for those at increased risk • Tobacco Use Counseling – does not include programs or classes • Syphilis screening for those at increased risk and those up to age 21

Immunization vaccines for adults--consult your physician for frequency:

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| <ul style="list-style-type: none"> • Diphtheria, pertussis, tetanus, • Hepatitis A • Hepatitis B • Herpes Zoster - age 60 and older • Human Papillomavirus (HPV) – females up to age 27 • Influenza | <ul style="list-style-type: none"> • Measles, Mumps, Rubella (MMR) • Meningococcal • Pneumococcal • Varicella • Travel immunizations – yellow fever, typhoid and Japanese encephalitis |
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Additional Covered Preventive Services for Women, Including Pregnant Women

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| <ul style="list-style-type: none"> • Anemia (iron deficiency) screening for pregnant women • Bacteriuria (urinary tract infection) screening for asymptomatic women • Breast Cancer screenings for women – age 40 and older and those at increased risk. Mammograms only. • Breast Cancer Chemoprevention counseling – for women at increased risk • Breast Feeding interventions to support and promote breast feeding – does not include lactation classes • Cervical Cancer screening for sexually active women • Chlamydia infection screening | <ul style="list-style-type: none"> • Folic Acid supplements – requires a prescription • Genetic risk assessment and BRCA (breast cancer susceptibility) mutation testing – for women with family risk of breast and ovarian cancer • Hepatitis B screening for pregnant women • Osteoporosis screening – age 60 and older and those at increased risk • Rh(D) incompatibility screening for pregnant women • Syphilis screening for those at increased risk and those up to age 21, also includes pregnant women • Tobacco Use Counseling – does not include programs or classes |
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Covered Preventive Services for Infants and Children

Screenings, Tests and Counseling

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| <ul style="list-style-type: none"> • Anemia (iron deficiency) screening • Congenital Hypothyroidism screening for newborns • (Major) depression disorders screening – part of routine physical • Fluoride supplements for children without fluoride in their water source – requires a prescription • Gonorrhea preventive medication for the eyes of all newborns • Gonorrhea screening • Hearing screening for newborns – one screening in the first year of life • HIV Screening - for those at increased risk | <ul style="list-style-type: none"> • Iron supplements for children – requires a prescription (drops only), at increased risk up for newborns from 6-12 months • Lead screening • Metabolic screening – up to age 2 months • Obesity screening and counseling – age 6 and older • Oral health risk assessment for preschool children • Phenylketonuria (PKU) screening for genetic disorder in newborns • Sexually Transmitted Infection (STI) prevention counseling for those at increased risk • Sickle cell screening - up to 12 months • Tuberculosis skin test • Vision screening – up to age 5 |
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Immunizations for children - consult your physician for frequency:

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| <ul style="list-style-type: none"> • Diphtheria, pertussis, tetanus, • Haemophilus influenzae type b (Hib) • Hepatitis A • Hepatitis B • Human Papillomavirus (HPV) - females • Inactivated Poliovirus • Influenza | <ul style="list-style-type: none"> • Measles, Mumps, Rubella • Meningococcal • Pneumococcal • Rotavirus • Travel immunizations – yellow fever, typhoid and Japanese encephalitis • Varicella |
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*These additions 1) are not required in “grandfathered” policies, which are essentially policies in effect on March 23, 2010 as long as we make little or no changes to them; we have chosen to be very limited in the policies for which we have retained grandfathered status, 2) may apply to grandfathered plans that have added these preventive care services, 3) may apply to retiree-only plans and, 4) apply to Association plans at the Association’s plan renewal date.