

# Preventive Health Care Coverage

This brochure explains the services covered under the Preventive Health Care benefit in WSHIP's Preferred Provider and HSA Qualified Preferred Provider plans beginning January 1, 2015. WSHIP follows government guidelines to determine which preventive services we cover.<sup>1</sup> When the listed screenings, tests and services are billed by your doctor as routine preventive services, your plan covers them in full. If your plan uses a provider network and you obtain these services from an out-of-network provider, you will pay a share of the costs as outlined in your plan policy. If you have questions about your coverage, please contact WSHIP Customer Service at **1-800-877-5187**.

## What is preventive care?

Preventive care is care you receive when you're healthy and symptom-free, such as routine check-ups, screenings and immunizations.

## When tests or screenings are not preventive

During your preventive exam, your doctor may find an issue or problem that requires further testing to diagnose your condition or monitor an existing illness. These diagnostic tests are not covered by your preventive care benefit and often require you to pay a greater share of the cost.

## Covered preventive care services

Wellness Exams	Suggested Guidelines
Well Child exams	For <b>children through age 17</b>
Annual Wellness exams	For <b>age 18 and over</b>

Service / Condition	Suggested Guidelines
Abdominal aortic aneurysm	One-time screening for <b>men ages 65 to 75</b> if they have ever smoked
Alcohol misuse	Screening and behavioral counseling intervention for <b>adults age 18 and older</b>
Anemia	Screening for <b>pregnant women</b>
Autism	Screening for <b>children</b>
Bacteriuria	Screening for asymptomatic <b>pregnant women</b>
Behavioral screening	Assessment for <b>children</b>
Blood pressure	Screening for <b>all ages</b>
Breast cancer	Mammograms for <b>women age 40 and older</b> and those at increased risk

<sup>1</sup> United States Preventive Services Task Force (USPSTF), Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS).

Breast cancer chemoprevention	Counseling about chemoprevention for <b>women at high risk</b>
BRCA genetic counseling and testing	For <b>women</b> at increased risk for breast and ovarian cancer due to family history
Breastfeeding counseling	Support, supplies and counseling when provided by a licensed provider
Cervical cancer	Screening for <b>women ages 21 to 65</b> ; and younger, if sexually active
Chlamydia	Screening for <b>women age 24 or younger</b> and those at increased risk
Cholesterol abnormalities	Screening for <b>men age 35 and older</b> and <b>men ages 20 to 35</b> who are at increased risk for coronary heart disease. Screening for <b>women age 45 and older</b> and <b>women ages 20-45</b> who are at increased risk for coronary heart disease.
Colorectal cancer	Screening in <b>adults ages 50 to 75</b> . Frequency varies by type of test.
Congenital Heart Disease	Screening for <b>newborns</b>
Depression	Screening during preventive care exams
Diabetes	Screening for type 2 diabetes in <b>adults</b> with sustained high blood pressure, and for <b>pregnant women</b> at risk for gestational diabetes
Falls prevention	For <b>age 65 and older</b>
Gonorrhea screening	Screening for sexually active <b>women age 24 or younger</b> and those at increased risk
Healthy diet and physical activity counseling	Counseling for <b>adults</b> who are overweight or obese and have additional cardiovascular disease risk factors
Hearing loss screening	Screening for hearing loss in <b>newborns</b>
Hepatitis B screening	Screening for <b>pregnant women</b> and those at increased risk
Hepatitis C virus infection screening	Screening for <b>persons at high risk for infection</b>
HIV screening	Screening for <b>adults ages 15 to 65</b> and those at increased risk
Hypothyroidism	Screening for congenital hypothyroidism in <b>newborns</b>
Intimate partner violence	Screening for interpersonal and domestic violence
Lead	Screening for <b>children</b> at risk of exposure
Lipid disorders	Screening for <b>children</b> at higher risk
Lung cancer	Screening for <b>adults ages 55 to 80</b> at risk for lung cancer. Frequency based on risk factors
Metabolism screening	Screening for <b>children up to 3 month of age</b>
Obesity	Screening and counseling for <b>age 6 and older</b>
Osteoporosis screening	Screening for <b>women age 65 and older</b> and <b>women</b> at increased risk
Phenylketonuria (PKU)	Screening for phenylketonuria in <b>newborns</b>
Rh incompatibility	Screening for <b>pregnant women</b>
Sexually transmitted infections	Counseling for <b>sexually active adolescents</b> , and for <b>adults</b> at increased risk
Sickle cell screening	Screening for sickle cell disease in <b>newborns</b>
Skin cancer	Counseling for <b>ages 10 to 24</b> who are at increased risk
Syphilis	Screening for all <b>pregnant women</b> and those at increased risk
Tobacco use	Tobacco cessation screening and interventions. For tobacco cessation program coverage, see plan policy
Tuberculosis	Tuberculin testing for <b>children</b> at higher risk
Visual acuity	Vision screening for <b>children between the ages of 3 and 5</b>

Prescription Drugs and Supplements	Suggested Guidelines
<i>Medications and supplements require a prescription.</i>	
Aspirin to prevent cardiovascular disease	For <b>men ages 45 to 79</b> and <b>women ages 55 to 79</b> at risk for cardiovascular disease - 325mg or less. For <b>women of childbearing years</b> at increased risk of preeclampsia after 12 weeks gestation.
Birth control	Generics and single source brands for women's contraception
Breast cancer prevention	Medications for primary prevention for <b>women</b> at increased risk for breast cancer and at low risk for adverse medication effects - Tamoxifen or Raloxifene
Fluoride supplements	For <b>children ages 0 through 5</b> and those without sufficient fluoride in their water source
Colonoscopy preparation	Generic and single source brand <b>ages 50 to 75</b> - two/365 days
Folic acid supplements	For <b>women</b> who are pregnant or capable of pregnancy - 0.4 - 0.8mg
Gonorrhea medication	Preventive (prophylactic) medication for the eyes of <b>newborns</b>
Iron supplements	For <b>children ages 6 to 12 months</b> at increased risk for iron deficiency anemia
Tobacco cessation medications	Tobacco cessation medications
Vitamin D	For <b>age 65 and older</b> - dosages of 1,000IU or less

Immunizations	Suggested Guidelines
<i>Timing, frequency and indication for immunizations vary. Consult your preventive care provider.</i>	
Diphtheria, pertussis, tetanus	Adults and children
Haemophilus influenza type b (Hib)	Children
Hepatitis A	Adults and children
Hepatitis B	Adults and children
Herpes zoster (Shingles)	Adults age 60 and older
Human papillomavirus (HPV)	Up to age 27
Inactivated poliovirus	Children
Influenza (Flu)	Adults and children
Measles, mumps, rubella (MMR)	Adults and children
Meningococcal	Adults and children
Pneumococcal	Adults and children
Rabies	Anyone bitten or exposed; those at high risk for exposure
Rotavirus	Children
Travel	Vaccines for those at risk for exposure to certain diseases
Varicella (Chicken pox)	Adults and children