

Preventive Care Services

A Guide for Employees
and Members



MEDICAL MUTUAL®

An ounce of prevention is worth a pound of cure.

Getting preventive care is one of the most important steps you can take to manage your health. Routine preventive care can identify and address risk factors before they lead to illness. It's important to work with your primary care provider (PCP), who can help you follow these guidelines and coordinate plans of care to manage your health.





Preventive Care Services

The screenings and immunizations listed in this summary include services required by the Affordable Care Act (ACA).

Non-grandfathered health plans¹ must cover these routine immunizations and other services recommended by the United States Preventive Services Task Force A or B, and by other organizations such as Bright Futures, endorsed by the American Academy of Pediatrics.

If these services are performed by a network provider, you cannot be charged a copay, coinsurance or deductible. Out-of-network charges may apply if the services are performed by a non-network provider.

Please be aware that some services may be subject to age, gender or other restrictions. In addition, some prescription drugs or services may be subject to medical management techniques, such as prior authorization, quantity limits, etc. We encourage you to refer to USPreventiveServicesTaskForce.org or Healthcare.gov for more detailed information.

If you have questions about these recommended screenings and immunizations or need help finding a PCP in your network, please call Customer Care at the number on your ID card.

Adult Preventive Care

Preventive Physical Exams and Screening Tests

- Abdominal aortic aneurysm screening
- Blood pressure screening
- Cholesterol and lipid level screening
- Colorectal cancer screening
- Depression screening
- Diabetes screening
- Hepatitis B screening if at high risk for infections
- Hepatitis C screening
- HIV screening
- Screening and counseling for sexually transmitted infections
- Screening for lung cancer

Counseling and Education Interventions

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet and physical activity to reduce cardiovascular risks
- Counseling related to aspirin use for prevention of cardiovascular disease
- Prevention of falls in older adults
- Screening and behavioral counseling to reduce alcohol abuse
- Screening and behavioral counseling related to tobacco use
- Screening and nutritional counseling for obesity

Immunizations (Vaccines)

- Hepatitis A and Hepatitis B
- Herpes Zoster (shingles)
- Human Papillomavirus
- Influenza (flu shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Tetanus, Diphtheria, Pertussis
- Varicella (chickenpox)

Prescription Drugs²

- Aspirin
- Colonoscopy preparations
- Folic acid
- Medication to reduce risk of cardiovascular disease in high-risk adults (low- to moderate-dose statins)
- Medication to reduce risk of primary breast cancer in women
- Smoking cessation aids
- Women's contraceptives

Women's Services

- Breast and ovarian cancer susceptibility screening, counseling and testing (including BRCA testing)
- Breast cancer screening (mammogram)
- Breast feeding counseling and rental of breast pumps and supplies up to the purchase price
- Bone density test to screen for osteoporosis
- Cervical cancer screening (Pap test)
- Chlamydia screening
- Discussion of chemoprevention with women at high risk for breast cancer
- FDA-approved contraception methods and counseling for women, including sterilization
- HPV DNA testing
- Lactation classes
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, pre-eclampsia, syphilis, gonorrhea, chlamydia, Perinatal depression counseling and interventions, alcohol misuse, tobacco use, HIV, gestational diabetes)
- Prenatal services
- Primary care intervention to promote breastfeeding
- Screening and counseling for interpersonal and domestic violence
- Well woman visits

Child Preventive Care

Preventive Physical Exams and Screening Tests

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Blood pressure screening
- Dental cavities prevention (including application of fluoride varnish to all primary teeth)
- Depression screening
- Developmental and behavioral assessments
- Hearing screening for newborns
- Newborn gonorrhea prophylaxis
- Newborn screenings, including sickle cell anemia
- Screening and behavioral counseling related to tobacco and drug use
- Screening and counseling for obesity
- Screening and counseling for sexually transmitted infections
- Screenings for heritable diseases in newborns
- Vision screening

Immunizations (Vaccines)

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenza type B
- Hepatitis A and Hepatitis B
- Human Papillomavirus
- Influenza (flu shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Polio
- Rotavirus
- Varicella (chicken pox)

Prescription Drugs²

- Fluoride

Please Note

This is a summary of the Affordable Care Act Preventive Care requirements and is not intended to be an exhaustive list. This list is subject to change upon issuance of additional regulations or guidance. The preventive care services listed on this flyer are for your information only. They are not intended to be, and should not substitute for, professional medical advice, diagnosis or treatment from your treating medical professional. Decisions about care need to be individualized and should be made in concert with treating medical professionals. The information provided does not establish or imply coverage for any particular treatment or service. Any recommended treatment or services will be determined based on your eligibility and coverage under the specific terms and conditions of your benefit plan.

Footnotes

1. If you do not know your health plan's grandfathered status, contact our Customer Care Center at the number on your identification card.
2. To receive 100 percent coverage for these medications (i.e., no out-of-pocket cost), members must get a prescription from their healthcare provider and present it at the pharmacy, even if the medication is available over the counter without a prescription.



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2060 East Ninth Street
Cleveland, OH 44115-1355

MedMutual.com