

# Coverage for Preventive Services



Independence Blue Cross (IBC) encourages members to take action and to engage in preventive health care to help avoid illness. Currently, members pay for preventive services through copayments and coinsurance or through coinsurance and deductibles. Some services, like pediatric immunizations and mammograms, are typically covered with no out-of-pocket costs.

Health plans are required to cover certain designated preventive health services to their members without cost-sharing; therefore, IBC will begin covering certain preventive services, including colorectal cancer screenings, high blood pressure screenings, and osteoporosis screenings, with no out-of-pocket costs to members, regardless of plan type.

Utilizing guidelines recommended by the U.S. Preventive Services Task Force, Centers for Disease Control, Centers for Medicare and Medicaid Services (CMS), and New Jersey Minimum Standards, IBC has developed a list of preventive services with no out-of-pocket costs to members, regardless of plan type.

The complete list of preventive services is listed below. Please note that for groups seeking to maintain their grandfathering status, adding 100 percent coverage for preventive services will not alter this status.

## Preventive Evaluation and Management/Counseling

Preventive Service	Demographic
Pediatric and adult preventive exams	All demographics
Initial preventive physical exam (IPPE)	Medicare/CMS
Preventive GYN exams	Women
Counseling patients on the use of aspirin for the prevention of cardiovascular disease	Men, 45-79 years old and women, 55-79 years old
Primary care interventions to promote breastfeeding	All pregnant women, during and after pregnancy
Counseling children on the use of oral fluoride when primary water source is a deficient source	Preschool children
Behavioral dietary counseling for patients with Hyperlipidemia	Adults with known risk factors for cardiovascular and diet-related chronic conditions
Counseling patients on the prevention of sexually transmitted infections	At-risk adolescents and adults
Counseling on tobacco use and tobacco-caused disease	Adults
Discussion of chemoprevention for patients at high risk for breast cancer	Adult women at risk for breast cancer
Counseling pregnant patients on daily supplement of folic acid	Pregnant women
Nutritional counseling for weight management	All demographics
Diabetes self-management training	Medicare/CMS

## Screenings and Tests

Preventive Service	Frequency/Demographic
Adult aortic aneurysm screening	One time for men 65-75 who have ever smoked
Alcohol misuse screening/behavioral counseling intervention	All demographics
Asymptomatic bacteriuria screening	Pregnant women at 12 -16 weeks gestation or first prenatal visit
Breast cancer screening	Women, age 50 -74
Breast/Ovarian cancer – genetic risk assessment and BRCA mutation testing	Women with family history associated with increased risk
Cervical cancer screening	All women

(continued)

## Screenings and Tests (continued)

Preventive Service	Frequency/Demographic
Chlamydial infection screening	All women
Colorectal cancer screening	Men and women, 50 – 75 years
Congenital hypothyroidism screenings	All newborns
Depression screening	Adults
Gonorrhea screening	All women
Hearing loss screening	All newborns
High blood pressure screening	Pregnant women on their first prenatal visit
HIV screening	Adults, 18 and over
Iron deficiency anemia screening	Adults at high risk and all pregnant women
Lipid disorders screening	Asymptomatic pregnant women
Major depressive disorders screening	Men older than 35; Women older than 45; Men, 20-35; Women, 20-45 when at risk for CAD
Obesity Screening/Counseling and Behavioral Interventions	Adolescents, 12-18 yrs
Obesity Screening	Adults
Osteoporosis Screening	Women older than 65 Women older than 60
Phenylketonuria (PKU) Screening	Children/Adolescents older than 6
Rh (D) (blood typing and antibody testing) Incompatibility Screening	All pregnant women
Sickle Cell Disease Screening	All newborns
Syphilis Infection Screening	All pregnant women and at risk women
Type 2 Diabetes Mellitus Screening	Adults with sustained high blood pressure
Visual Impairment Screening	Children younger than 5
Lead Poisoning Screening	One test for children age 0-12 months and a second test for children age 1-4 years
Prostate Specific Antigen (PSA) Screening	Annually for men over 50
EKG Screening for Initial Preventive Physical Exam	Medicare/CMS
Glaucoma Screening	African-Americans 50 and older Hispanic-Americans 65 and older Individuals with a family history of glaucoma Individuals diagnosed with diabetes
Prostate Cancer Screening – Digital Rectal Exam (DRE)	Men 50 years and older
Hemoglobin/Hematocrit Testing for red blood cells	Children receive one test between 0-12 months and another test between 1 and 4 years
Rubella Titer Testing	Adolescents receive one test and immunization between 11 and 17 years
Urinalysis Testing	Children receive one test every 365 days between 0-24 months, adolescents receive one test every calendar year between 2 and 17 years, and adults receive one test every calendar year beginning at age 18
Complete Blood Count (CBC) to check the red and white blood cell levels	Adults receive one test every calendar year at 18, 19, 20 and 21 year, one exam every three calendar years between 22 and 39 years, and one test every calendar year beginning at age 40
Thyroid Function testing	Beginning at age 18, One series of tests every calendar year

### Immunizations

Preventive Service	Demographic
Immunizations for adults and children	All demographics

This list is subject to change

