

PREVENTIVE CARE SERVICES

Detailed descriptions



How often and what kind of preventive care services you need depends upon your age, gender, health and family history.

Not all items on this list are covered benefits for all products or groups with Blue Cross or Blue Plus. Coverage for certain items and services may only be provided for plan and policy years after a certain date. Pharmacy coverage may differ for members with pharmacy benefit managers other than Prime Therapeutics. This list may not represent all possible tests or benefits, and inclusion of a service or item on this list does not guarantee coverage. Check your health plan benefits, or call the number on the back of your member ID card for details on coverage. Additional requirements may apply. Tests ordered during a preventive visit that are not considered preventive care may be subject to deductibles, copays and/or coinsurance. Additionally, treatment or tests for an existing condition or illness are not preventive care and are subject to deductibles, copays and/or coinsurance.

CATEGORY	DESCRIPTION
GENERAL PREVENTIVE CARE	
Preventive medical exams and counseling	<p>Preventive physical/medical exam – age and gender appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions.</p> <p>May include (not an all-inclusive, or restrictive, list, and additional requirements may apply):</p> <ul style="list-style-type: none"> • Blood pressure screening • Skin cancer counseling to reduce ultraviolet (UV) ray exposure • Skin exam – for melanomas, sores, lesions • Aspirin use and counseling for certain people with elevated cardiovascular disease risk <ul style="list-style-type: none"> ○ Aspirin for men (45 – 79) and women (55-79) with a prescription in-network • Prostate cancer digital rectal exam • Domestic violence screening and counseling • Height, weight, body mass index (BMI)
CARDIOVASCULAR AND METABOLIC SCREENING TESTS (CERTAIN MEN AND WOMEN)	
Cholesterol (lipid) profile	Cholesterol, HDL and LDL tests
Diabetes screening test	Blood glucose and A1C tests

CATEGORY	DESCRIPTION
COUNSELING AND CLINICAL ASSESSMENT OR SCREENING	
Alcohol, drug and tobacco misuse	May include: <ul style="list-style-type: none"> • Screening and counseling to reduce alcohol misuse • Drug use assessment • Screening and counseling to prevent tobacco use and tobacco-caused disease <ul style="list-style-type: none"> ○ Tobacco cessation counseling sessions ○ FDA-approved tobacco cessation medications, when prescribed and provided in-network
Blood infection	Hepatitis B & C virus (HCB and HCV) screening
Depression	Screening for depression
Domestic violence	May include: Counseling and screening for interpersonal and domestic violence
Nutrition, healthy weight, and physical activity	May include: <ul style="list-style-type: none"> • Behavioral counseling in primary care to promote a healthy diet for adults with hyperlipidemia and other risk factors • Falls prevention counseling for older adults at increased risk <ul style="list-style-type: none"> ○ Vitamin D supplements for men and women 65 and older with a prescription • Nutrition counseling • Screening and counseling for obesity (specifically, screening for and management of obesity)
Sexually transmitted infections (STI), risk reduction counseling and screening	May include: <ul style="list-style-type: none"> • HIV (human immunodeficiency virus) • Chlamydia • Gonorrhea • Syphilis
Vision and hearing	Vision screening – glaucoma, acuity, refraction Hearing screening – screening test, audiometry and pure tone

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CATEGORY	DESCRIPTION
IMMUNIZATIONS	
For details on doses, recommended ages, and recommended populations, see prevention guidelines at healthandwellness.bluecrossmn.com . Listed below are most commonly utilized immunizations – list may not be all inclusive	
Tetanus, diphtheria, pertussis, poliovirus vaccines	May be offered singly or grouped
Influenza vaccines	
Varicella (chickenpox) vaccines	
Hepatitis A vaccines	
Hepatitis B vaccines	
Human papillomavirus (HPV) vaccines	
Measles, mumps, rubella (MMR) vaccines	
Pneumonia vaccines	
Meningitis vaccines	
Zoster (herpes shingles) vaccines	
Rotavirus vaccines	
CANCER SCREENING TESTS	
Colorectal cancer screening	May include one or more of the following: <ul style="list-style-type: none"> • Stool occult blood (once/year) • Air contrast barium enema • Sigmoidoscopy/Flexible – sigmoidoscopy • Proctosigmoidoscopy • Colonoscopy (once/year)
Lung cancer screening	Available for certain adults, based on medical necessity. Low – dose computed tomography. Effective for plan or policy years beginning on or after 1/1/2015. Eligibility as a preventive benefit subject to medical necessity requirements of Blue Cross medical policy “Lung Cancer Screening Using Low-Dose Computed Tomography (LDCT) (V-08)”
MEN'S HEALTH	
Abdominal aortic aneurysm (AAA) ultrasound	For men ages 65 to 75 who have smoked
Prostate cancer screening	May include: <ul style="list-style-type: none"> • Prostate specific antigen (PSA) test (once/year) • Digital rectal exam (DRE) usually performed as part of preventive medical exam

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CATEGORY	DESCRIPTION
WOMEN'S HEALTH (ALSO SEE PREGNANCY-RELATED)	
Preventive gynecological exam	Preventive physical/medical exam – age appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions. May include evaluation of: thyroid, breasts and abdomen as well as pelvic exam.
Well-woman visit	Ages 12 to 64. May include services such as: <ul style="list-style-type: none"> • Hepatitis B screening • Osteoporosis screening • Sexually transmitted infection (STI) screening • Rh (Rhesus) incompatibility screening: pregnant women
Contraceptive methods and counseling	Ages 12 to 64. Counseling for contraception and specific FDA-approved contraceptives, including over-the-counter, when prescribed and provided in-network. Religiously exempt groups and certain plans may exclude this benefit.
Counseling for BRCA and BRCA testing	For women at elevated risk for breast and ovarian cancer, based on medical necessity; may be part of "well-woman visit." BRCA lab tests for women at elevated risk is effective for plan or policy years beginning on or after 1/1/2014. Eligibility as a preventive benefit subject to medical necessity criteria in Blue Cross medical policy "Genetic Testing for Hereditary Breast and/or Ovarian Cancer Syndrome (BRCA1 and BRCA2 Genes) (VI-16)"
Counseling regarding and use of medication to reduce risk of breast cancer	For women at elevated risk; may be part of "well-woman visit" Generic Tamoxifen and Raloxifene ages 35 and older with a prescription when provided in-network (effective plan or policy years beginning on or after 10/1/2014)
Osteoporosis screening	Bone density measurement (once/year)
Cervical cancer screening	May include: <ul style="list-style-type: none"> • Pap test • HPV (human papillomavirus) test (women 30 and older)
Breast cancer screening	Conventional mammogram (once/year)
Ovarian cancer screening	May include: <ul style="list-style-type: none"> • CA-125 (once/year) • Transvaginal ultrasound (once/year)

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CATEGORY	DESCRIPTION
PREGNANCY-RELATED	
Breastfeeding support, supplies and counseling	May include: <ul style="list-style-type: none"> • Primary care interventions to promote breastfeeding • Breastfeeding support supplies and counseling, including coverage of purchase of a manual breast pump
Routine prenatal tests	May include: <ul style="list-style-type: none"> • Gestational diabetes mellitus screening • Presence of bacteria in the urine • Hepatitis B • Iron-deficiency anemia • Iron supplements for women 18 – 64 with a prescription when provided in-network • Rh incompatibility
Alcohol, drug and tobacco misuse assessment and counseling	May include: <ul style="list-style-type: none"> • Screening and counseling to reduce alcohol misuse • Drug use assessment • Screening and counseling to prevent tobacco use and tobacco-caused disease <ul style="list-style-type: none"> ○ Tobacco cessation counseling sessions ○ FDA-approved tobacco cessation medications, when prescribed and provided in-network
Sexually transmitted infections (STI), risk reduction and screening	May include: <ul style="list-style-type: none"> • HIV (human immunodeficiency virus) • Chlamydia • Gonorrhea • Syphilis
Counseling for folic acid supplementation	For women planning pregnancy; may be part of "well-woman visit" Folic acid supplements for women ages 12 – 64 with a prescription when provided in-network

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CATEGORY	DESCRIPTION
CHILDREN AND ADOLESCENTS	
Preventive medical exam for children and adolescents`	<p>Preventive physical/medical exam – age and gender appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions.</p> <p>May include the following benefits (not an all-inclusive, or restrictive, list):</p> <ul style="list-style-type: none"> • Blood pressure screening • Skin cancer counseling to reduce ultraviolet (UV) ray exposure • Skin exam – for melanomas, sores, lesions • Iron supplementation recommendation for children at increased risk for iron-deficiency anemia <ul style="list-style-type: none"> ○ Iron supplements for children ages 6 – 12 months and women 12 – 17 with a prescription; • Domestic violence screening and counseling • Height, weight, body mass index (BMI) • Safety and injury prevention • Assessment of risk for lead exposure
Depression screening	Screening for depression
Nutrition, healthy weight and physical activity	<p>May include:</p> <ul style="list-style-type: none"> • Behavioral counseling in primary care to promote a healthy diet for people with hyperlipidemia and other risk factors • Nutrition counseling <ul style="list-style-type: none"> • Screening and counseling for obesity (specifically, screening for and management of obesity)
Vision and hearing	<ul style="list-style-type: none"> • Vision screening – may include screening for strabismus (for example, “cross-eyed” or “lazy-eye”), acuity and refraction • Hearing screening – screening test, audiometry and pure tone

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CHILDREN AND ADOLESCENTS CONTINUED

Assess development and behavior	Includes: <ul style="list-style-type: none">• Autism• Alcoholism/substance abuse• Intellectual and mental disorders• Depression
Tooth decay and cavity prevention	<ul style="list-style-type: none">• Fluoride supplements for children whose water supply lacks fluoride, ages 6 months to 6 years old with a prescription.• Topical application of fluoride varnish birth through 6 years old
Tuberculosis testing	Testing for tuberculosis (TB) for children

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