

2025 Schedule of Preventive Care Services

Date reviewed/revised: 12/2024

This information highlights the preventive care services required under the Patient Protection and Affordable Care Act of 2010 (PPACA). It is based on recommendations of the U.S. Preventive Services Task Force (USPSTF) and Centers for Disease Control and Prevention (CDC).

Note: These guidelines may change throughout the year. For the most up-to-date recommendations, please visit [**www.healthcare.gov/preventive-care-benefits**](http://www.healthcare.gov/preventive-care-benefits).

Your specific needs for preventive services may vary according to your personal risk factors. This is not intended to be a complete list or complete description of available services.

In-network preventive services are provided at no member cost-share. Additional diagnostic studies may be covered if medically necessary for a particular diagnosis or procedure. If applicable, these diagnostic services may be subject to cost-sharing. Members may refer to the benefit plan booklet for specific information on available benefits or contact customer service at the number listed on their ID card.



General Health Care*

Women

Breastfeeding support, supplies, and counseling	During pregnancy, and/or in the postpartum period. Includes rental of breastfeeding equipment.
Contraceptive methods (FDA-approved/counseling)	At least annually; does not apply to women who are participants or beneficiaries in group health plans sponsored by exempt health plans sponsored by exempt religious employers.
PrEP (pre-exposure prophylaxis) HIV prevention medication	For HIV-negative women at high risk for getting HIV through sex or injection drug use
Prenatal care	Duration of pregnancy
Well-woman visits	To get recommended services for all women

Men and Women

Aspirin prevention medication	For Adults 50-59 years with a high cardiovascular risk
Diet Counseling	For adults at higher risk for chronic disease
Fall prevention	(With exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting
PrEP (pre-exposure prophylaxis) HIV prevention medication	For HIV-negative adults at high risk for getting HIV through sex or injection drug use
Routine physical exams (Wellness visit)	Annual personal history assessment, blood pressure, body mass index (BMI), physical exam, preventative screening, and counseling

Screenings*

Bone Density Screening	For all women over 65 or women age 64 and younger that have gone through menopause
BRCA screening/genetic counseling/testing	For all high-risk women
Breast cancer chemoprevention counseling	For all high-risk women
Breast cancer (mammogram)	Every 1-2 years for women 40 and older

Cervical cancer (pap smear/HPV screening)	For women ages 21-65 as recommended by provider
Chlamydia and gonorrhea test	For all sexually active women at high risk
Diabetes Screening	For women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before
Domestic/interpersonal/partner violence screening/ counseling	For all women
HIV Screening/counseling	For everyone 15 to 65 and other ages at increased risk
Urinary incontinence screening	For all women annually

Women - Maternity

Depression screening, maternal	Screening for mothers at well-baby visits
Folic acid supplementation	Daily supplement for woman planning or capable of pregnancy
Gestational Diabetes Screening	For women 24 weeks (or later) pregnant and those at high risk of developing gestational diabetes
Hepatitis B Screening	At first prenatal visit
HIV infection	For all pregnant women
Preeclampsia prevention and screening	For pregnant women with high blood pressure
Rh incompatibility screening	For all pregnant women and follow-up testing for women at higher risk
Syphilis infection	For all pregnant women
Tobacco use screening and intervention	For all pregnant women: assess use, advise to stop using tobacco, and provide behavioral interventions
Urinary tract or other infection screening	Between 12–16 weeks pregnant or first prenatal visit, urine culture

Men

Abdominal aortic aneurysm	Ages 65–75: If you have ever smoked, one time screening
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Men and Women

Alcohol misuse screening/counseling	Age 19 and older: counseling for those who engaged in risky or hazardous drinking
Blood pressure	Ages 18–39: for individuals with normal blood pressure who have no other risk factors, recommend assessment every 3–5 years Ages 18–39: for individuals with increased risk of high blood pressure, recommend assessment once every year Ages 40 and older: regardless of risk or blood pressure values, recommend annual assessment
Cholesterol Screening	For adults of certain ages or at higher risk
Colorectal cancer	Ages 45-75- regular screening depending on risk and screening test used; begin screening earlier if colorectal cancer runs in the family; Ages 75-85 depending on overall health
Depression Screening	As medically necessary
Diabetes (Type 2) Screening	Ages 40–70: overweight or obese adults
Hepatitis B Screening	For people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region
Hepatitis C Screening	For adults age 18-79 years
HIV Screening	For everyone age 15 to 65 and other ages at increased risk
Lung cancer	Ages 50–80: annual screening if you have a history of heavy smoking or have quit in the past 15 years
Obesity screening and counseling	Ages 18 and older: regular screening during physical exam Clinician will refer to counseling if body mass index is 30kg/m² or higher
Sexually transmitted infection prevention counseling	For adults at higher risk
Skin cancer counseling	Adults older than 24 years with fair skin type
Statin preventative medication	Ages 40–75 at high risk

Syphilis screening	For adults at higher risk
Tobacco use screening and interventions	Adults and cessation interventions provided for tobacco users
Tuberculosis screening	For certain adults without symptoms at high risk

Immunizations**

Men and Women 19 years and older

Hemophilus influenza type B (Hib)	Ages 19 and older: 1-3 doses depending on indication
Hepatitis A (Hep A)	Ages 19 and older: 1-3 doses depending on indication
Hepatitis B (Hep B)	Adults 19-59; Adults 60 and older with risk factors for hepatitis B
Human Papillomavirus	Ages 19-26: depending on age of initial dose, three doses
Influenza (flu shot)	Ages 19 and older: annually during influenza season, one dose
Measles/mumps/rubella (MMR)	1 or 2 doses of MMR vaccine if no evidence of immunity.
Meningococcal	Ages 19 and older at increased risk
Pneumococcal	All adults 50 years or older; 19 through 49 years old with certain risk conditions
Tetanus/diphtheria/pertussis (Td or Tdap)	Ages 19 and older: one dose of Tdap, then Td booster every 10 years
Varicella (Chickenpox)	Ages 19 and older: 2 doses, as necessary based upon past immunization or medical history
Zoster (Shingles)	Ages 19-50: 2 doses for immunocompromising conditions Ages 50 and older: 2 doses

Schedule for Children: Birth – 18 years

General Health Care*

PrEP (pre-exposure prophylaxis) HIV prevention medication	For HIV-negative adolescents at high risk for getting HIV through sex or injection drug use
Wellness Visits (Routine History and Physical Examination)	Newborn (3-5 days), 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, 3 years, 4–19 years: annually

Exams may include:

- Blood pressure
- Body mass index
- Developmental milestones surveillance
- Head circumference
- Height/length and weight
- Newborn evaluation (including gonorrhea prophylactic topical eye medication)
- Anticipatory guidance for age-appropriate issues including:
 - Growth and development, breastfeeding/nutrition/support/counseling, obesity prevention, physical activity and psychosocial/behavioral health
 - Safety, unintentional injuries, firearms, poisoning, media access
 - Contraception methods/counseling
 - Tobacco products
 - Oral health risk assessment/dental care
 - Fluoride supplementation when water supply is fluoride deficient
 - Fluoride varnish to primary teeth
 - Folic acid (child bearing)

Screenings*

Alcohol, tobacco, and drug use assessments	Adolescents
Autism Screening	18 months, 24 months
Behavioral Assessments	At each wellness visit
Bilirubin titer	Newborn
Blood pressure	At each wellness visit

Depression screening	Age 12–18
Domestic/interpersonal/partner violence screening/ counseling	Reproductive age: intervention services available at least annually
Dyslipidemia screening	Once for ages 9-11 and 17-21, and for all children with high risk for lipid disorders
Hearing	For all newborns; and regular screenings for children and adolescents as recommended by their provider
Hematocrit or hemoglobin screening	For all children
Hepatitis B screening	Adolescents with high risk
HIV	Adolescents with high risk
Hypothyroid screening	Newborn
Lead	For those at increased risk of exposure
Obesity screening and counseling	Ages 6 and older
Phenylketonuria (PKU) screening	Newborn
Sexually transmitted infection (STI) prevention counseling and screening	Adolescents with high risk
Sickle cell screening	Newborn
Skin cancer counseling	Beginning at 6 months with wellness visits, education to reduce risk of skin cancer
Tuberculosis screening	For children at higher risk of tuberculosis
Vision screening	Ages 3-5 at least once

Immunizations**

Diphtheria/Tetanus/Pertussis (DTaP)	5 doses: 2 months, 4 months, 6 months, 15–18 months, 4–6 years
Hemophilus influenza type B (Hib)	4 doses: 2 months, 4 months, 6 months, 12–15 months

Hepatitis A (Hep A)	12–23 months: 2 doses
Hepatitis B (Hep B)	1-2 months, 4 months, 6-18 months
Human Papillomavirus	11–12 years: 2 doses, may start as early as 9 years of age, 15–26 years who start the series later need 3 doses
Influenza	6 months–18 years: annually during flu season
Measles/mumps/rubella (MMR)	2 doses: 12–15 months, 4–6 years
Meningococcal	Children 2 months through 10 years old at increased risk; All preteens and teens
Pneumococcal	4 doses: 2 months, 4 months, 6 months, 12–15 months
Polio (IPV)	4 doses: 2 months, 4 months, 6–18 months, 4–6 years
Rotavirus (RV)	2 months, 4 months, and possibly at 6 months (2–3 doses depending on the vaccine used)
Tetanus/reduced Diphtheria/Pertussis (Tdap)	Tdap: 11-12 years (One dose)
Varicella/Chickenpox (VAR)	2 doses: 12-15 months, 4–6 years

*Services that need to be performed more frequently than stated due to specific health needs of the member and that would be considered medically necessary may be eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

**Immunization based on individual risk of the member may be eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

Catch-up doses of an immunization may be considered medically necessary and eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the Plan's medical benefits.

Sources: U.S. Preventative Services Task Force (USPSTF), Centers for Disease Control and Prevention (CDC), healthcare.gov

