

2026 Schedule of Preventive Care Services

Date reviewed/revised: 11/2025

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.

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

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| Breastfeeding support, supplies, and counseling | During pregnancy, and/or in the postpartum period. Includes rental of breastfeeding equipment. |
| Contraceptive methods (FDA-approved/counseling) | FDA approved contraceptive methods, sterilization procedures, patient education, and counseling as prescribed by a health care provider. This does not apply to health plans sponsored by certain 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

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| Aspirin prevention medication | To prevent cardiovascular disease and colorectal cancer 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*

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

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| 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 | Supplements for women who may become pregnant |
| 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 screening and counseling | For everyone 15 to 65 years, and other ages at increased risk |
| 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 |

Men and Women

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| Alcohol misuse screening/counseling | Age 19 and older: counseling for those who engaged in risky or hazardous drinking |
| Blood pressure screening | <p>Ages 18–39: for individuals with normal blood pressure who have no other risk factors, recommend assessment every 3–5 years</p> <p>Ages 18–39: for individuals with increased risk of high blood pressure, recommend assessment once every year</p> <p>Ages 40 and older: regardless of risk or blood pressure values, recommend annual assessment</p> |
| Cholesterol Screening | For adults of certain ages or at higher risk |
| Colorectal cancer screening | Ages 45-75- regular screening depending on risk and screening test used; begin screening earlier if colorectal cancer runs in the family; Ages 76-85 depending on overall health |
| Depression Screening | As medically necessary |
| Diabetes (Type 2) Screening | For adults 40-70 years who are overweight or obese |
| 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 with 8% or more Hepatitis B prevalence |
| 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 screening | 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 | Screening for all adults. For adults with BMI 30 or above, referral to counseling. |
| Sexually transmitted infection prevention counseling | For adults at higher risk |
| Statin preventative medication | Ages 40–75 at high risk |
| Syphilis screening | For adults at higher risk |

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| Tobacco use screening and interventions | Screening for all adults and cessation interventions for tobacco users |
| Tuberculosis screening | For certain adults without symptoms at high risk |

Immunizations**

Men and Women 19 years and older

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| 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 ; 27-45: depending on provider recommendations |
| 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: with weakened immune systems due to disease or therapy; 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 concentration screening

Newborn

Blood pressure screening

For adolescents beginning routinely at age 12

Developmental screening

For children under age 3

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| 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 screening | 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 |
| Tuberculin testing | For children at higher risk of tuberculosis |
| Vision screening | Ages 3-5 at least once |

Immunizations**

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| Diphtheria/Tetanus/Pertussis (DTaP) | 5 doses: 2 months, 4 months, 6 months, 15–18 months, 4–6 years |
| Hemophilus influenza type B (Hib) | Dose at 2 months, 4 months, 6 months (if needed/brand), and 12-15 months |

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| Hepatitis A (Hep A) | 2 doses 6 months apart at 12-23 months |
| Hepatitis B (Hep B) | 1-2 months, 4 months, 6-18 months , and children and adolescents if they have not been vaccinated |
| Human Papillomavirus | 11-12 years: 2 doses, may start as early as 9 years of age, 15-18 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 , and children 2-18 years with certain risk conditions |
| 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/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

