

# 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](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)	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

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 \*

### Women

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
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
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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
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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

## 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; 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)

### Screening \*

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	At each wellness visit
Depression screening	For adolescents beginning routinely at age 12

Developmental screening	For children under age 3
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

## Immunizations \*\*

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
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](https://www.healthcare.gov)