

# Living strong



## A proactive approach to health

### Prevention is the best medicine

Preventive care, such as annual physicals, screenings and vaccines, can help prevent illness and catch health problems early when they're easier to treat. And the good news? Preventive care is covered at 100% with any in-network provider.

### What isn't a preventive care service?

During your wellness exam, you may receive services that aren't considered preventive care.

For example, your doctor may determine that you have a medical issue and order additional screenings and tests after the diagnosis. This is no longer considered preventive care. These services will be covered under your plan's medical benefits, not preventive care benefits. And the services may be subject to your plan's deductible and copays/coinsurance.

### Your doctor plays a key role in your care

They may suggest:

- **Screening tests**, which find health problems before symptoms appear
- **Diagnostic tests, physicals and self-exams**, which find health problems early on
- **Immunizations**, which help the body avoid or lessen the severity of certain illnesses

Your doctor will use guidelines to recommend screenings based on your age, health, gender, lifestyle habits, family history and, if you're a woman, on whether you're preparing for pregnancy.

If you're thinking about getting a test, it's a good idea to talk with your doctor about what the test is, what it costs and what happens if you need further testing.



Questions about what preventive services are or what's covered? Call Included Health's dedicated care team at [1-833-938-9874 \(TTY: 711\)](tel:1-833-938-9874), available 24/7.

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# Preventive care services

This list includes common preventive care services and the recommended ages and genders for each. It's important to talk with your doctor about which screenings and immunizations are right for you and how often you should get them.

Service	Group			Age, frequency
<b>Wellness exams</b>				
<b>Well-baby/well-child/well-person exams, including annual well-woman exam</b> (includes height, weight, head circumference, body mass index (BMI), blood pressure, history, anticipatory guidance, education regarding risk reduction, behavioral/social/emotional screening)	◆	●	■	<ul style="list-style-type: none"> <li>– Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months; 3 visits in 3 years</li> <li>– Additional visit at 2–4 days for infants discharged less than 48 hours after delivery</li> <li>– Ages 3 to 21, every year</li> <li>– Age 22 and older, periodic visits as doctor advises</li> </ul>
<b>Health screenings and interventions</b>				
<b>Alcohol misuse screening</b>	◆	●	■	All adults; adolescents ages 11–21
<b>Anemia screening</b>		●		Pregnant women
<b>Aspirin to prevent cardiovascular disease or reduce risk for preeclampsia</b> (covered under your pharmacy benefit)	◆	●		Women ages 55–79; men ages 45–79; pregnant women at risk for preeclampsia
<b>Autism screening</b>			■	18 and 24 months
<b>Bacteriuria screening</b>		●		Pregnant women
<b>Breast cancer screening (mammogram and ultrasound)</b>		●		Women age 40 and older, every 1–2 years <b>Note:</b> All follow-up breast ultrasounds are covered as preventive at 100% in network.
<b>Breast feeding support/counseling, supplies</b>		●		During pregnancy and after childbirth
<b>Cervical cancer screening (Pap test)</b>		●		Women ages 21–65, every year
<b>Cervical cancer screening (Pap test and HPV test)</b>		●		Women ages 30–65, every 5 years
<b>Chlamydia screening</b>		●		Sexually active women age 24 and under; at-risk women over age 24
<b>Cholesterol/lipid disorders screening</b>	◆	●	■	No age limits apply; includes cholesterol, triglycerides, HDL and LDL
<b>Colon cancer screening</b>	◆	●		<p>The following tests are covered for colorectal cancer screening, with no age limits:</p> <ul style="list-style-type: none"> <li>– Colonoscopy, every 5 years</li> <li>– Computed tomographic colonography (CTC)/virtual colonoscopy*, every 5 years (requires precertification)</li> <li>– Double-contrast barium enema (DCBE*), every 5 years</li> <li>– Fecal occult blood test (FOBT*) or fecal immunochemical test (FIT*), annually</li> <li>– Flexible sigmoidoscopy*, every 5 years</li> </ul> <p>*FOR (CTC)/VIRTUAL COLONOSCOPY, DCBE, FOBT, FIT and SIGMOIDOSCOPY: Follow-up colonoscopy is covered as preventive at 100% in network following a positive result every 5 years.</p>
<b>Congenital hypothyroidism screening</b>			■	Newborns

◆ = Men   ● = Women   ■ = Children/adolescents

Service	Group		Age, frequency
<b>Health screenings and interventions (continued)</b>			
<b>Contraception counseling/education and contraceptive products and services</b> (Brand-name contraceptive drugs, methods or devices are only covered with no member cost-sharing under certain limited circumstances, including when required by your doctor due to medical necessity.)		●	Women with reproductive capacity
<b>Critical congenital heart disease screening</b>			■ Newborns before discharge from hospital
<b>Dental caries prevention</b> Evaluate water source for enough fluoride; if deficient, prescribe oral fluoride <b>Application of fluoride varnish to primary teeth at time of eruption</b> (in primary care setting)			■ Children older than 6 months ■ Children through age 6 years
<b>Depression screening, including screening for suicide risk</b>	◆	●	■ Age 11 and older
<b>Developmental screening</b>			■ 9, 18 and 30 months
<b>Developmental surveillance</b>			■ Covered as part of well checkup; 1, 2, 4, 6, 12, 15 and 24 months; ages 3 to 21, at each visit
<b>Diabetes screening</b>	◆	●	All adults
<b>Discussion about potential benefits/risks of breast cancer preventive medication</b>		●	Women at risk
<b>Domestic and interpersonal violence screening</b>		●	■ All women including female adolescents
<b>Fall prevention in older adults</b> (Physical therapy and prescription-strength vitamin D supplementation (subject to pharmacy benefit))	◆	●	Community-dwelling adults age 65 and older with risk factors
<b>Folic acid supplementation</b>		●	Women planning for or capable of pregnancy
<b>Genetic counseling/evaluation and BRCA1/BRCA2 testing</b>		●	Women at risk – BRCA1/BRCA2 testing requires precertification
<b>Gestational diabetes screening</b>		●	Pregnant women
<b>Gonorrhea screening</b>		●	Sexually active women age 24 and under; at-risk women over age 24
<b>Healthy diet and physical activity counseling</b>	◆	●	■ Children age 6 and older, to promote improvement in weight; overweight or obese adults with risk factors for cardiovascular disease
<b>Hearing screening</b> (not complete hearing examination)			■ All newborns by 1 month; ages 4, 5, 6, 8 and 10 or as doctor advises
<b>Hemoglobin or hematocrit screening</b>			■ 12 months
<b>Hepatitis B screening</b>	◆	●	■ Pregnant women; adolescents and adults at risk
<b>Hepatitis C screening</b>	◆	●	Adults at risk; one-time screening for adults born between 1945 and 1965
<b>HIV screening and counseling</b>	◆	●	■ Ages 15–65; younger adolescents and older adults at risk; sexually active women; pregnant women; once per year
<b>Iron Supplementation</b> (Prescription strength only - subject to Pharmacy benefit)			■ At-risk children ages 6–12 months
<b>Lead screening</b>			■ 12 and 24 months
<b>Lung cancer screening</b> (low-dose computed tomography)	◆	●	Adults ages 50–80 who currently smoke, or who have quit within the past 15 years; computed tomography requires precertification
<b>Maternal depression screening and counseling</b>		●	Women who have recently had a baby; unlimited visits after delivery

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Service	Group			Age, frequency
<b>Health screenings and interventions (continued)</b>				
Metabolic/hemoglobinopathies screening			■	Newborns
Obesity screening/counseling	◆	●	■	Age 6 and older
Ocular (eye) medication to prevent blindness (covered under your pharmacy benefit)			■	Newborns
Oral health evaluation/assess for dental referral			■	12, 18, 24 and 30 months; ages 3 and 6
Osteoporosis screening		●		Women age 65 and older; women under age 65 with fracture risk as determined by Fracture Risk Assessment score; computed tomographic bone density study requires precertification
PKU screening			■	Newborns
Prostate cancer screening — prostate-specific antigen (PSA) test and digital rectal exam (DRE)	◆			Men age 40 and older (no frequency limits)
Rh incompatibility test		●		Pregnant women
Sexually transmitted infections (STI) counseling	◆	●	■	Sexually active women, once per year; adolescents; men at increased risk
Sexually transmitted infections (STI) screening			■	Ages 11–21
Sickle cell disease screening			■	Newborns
Skin cancer prevention counseling to minimize exposure to ultraviolet radiation	◆	●	■	Ages 10–24
Syphilis screening	◆	●	■	Pregnant women; individuals at risk
Tobacco use cessation: counseling/interventions	◆	●		All adults; pregnant women
Tobacco use prevention (counseling to prevent initiation)			■	School-age children; adolescents
Tuberculin test			■	Children; adolescents at risk
Ultrasound for aortic abdominal aneurysm screening	◆			Men ages 65–75 who have ever smoked
Vision screening (not complete eye examination)			■	Ages 3, 4, 5, 6, 8, 10, 12, 15 and 18 years or as doctor advises

## Immunizations

The following routine immunizations are currently designated as preventive services.

View immunization schedules on the Centers for Disease Control and Prevention website: [CDC.gov/Vaccines](https://www.cdc.gov/Vaccines)

COVID-19	Hepatitis B (HepB)	Meningococcal (MCV)
Diphtheria, tetanus toxoids and acellular pertussis (DTaP, Tdap, Td)	Human papillomavirus (HPV) (age and gender criteria apply depending on vaccine brand)	Pneumococcal (pneumonia)
Haemophilus influenzae type b conjugate (Hib)	Influenza (flu)	Poliovirus (IPV)
Hepatitis A (HepA)	Measles, mumps and rubella (MMR)	Rotavirus (RV)
		Varicella (chickenpox)
		Zoster (shingles)

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