PREVENTIVE MEDICAL SERVICES

Effective January 1, 2017

This preventive services list is a summary to help plan members understand their medical coverage; it is not meant to take the place of medical care or advice. See also the preventive prescription list at hr.iu.edu/benefits/2017/pubs/Preventive_Rx.pdf.

Members should ask their doctor which exams, tests and vaccines are right for them, when they should get them and how often. Many preventive services are advised based on age, gender, and the medical history of the patient and family.

In general, preventive services are defined by recognized government agencies and professional organizations such as:

<table>
<thead>
<tr>
<th>AAFP</th>
<th>American Academy of Family Physicians</th>
<th>ACS</th>
<th>American Cancer Society</th>
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<tbody>
<tr>
<td>AAP</td>
<td>American Academy of Pediatrics</td>
<td>CDC</td>
<td>Centers for Disease Control and Prevention</td>
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<td>ACIP</td>
<td>Advisory Committee on Immunization Practices</td>
<td>USPSTF</td>
<td>U.S. Preventive Services Task Force</td>
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<td>ACOG</td>
<td>American College of Obstetrics and Gynecology</td>
<td>IRS</td>
<td>Internal Revenue Service/Department of Treasury</td>
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<td>ATP III/NCEP</td>
<td>Adult Treatment Panel III/ National Cholesterol Education Program</td>
<td>(High Deductible Health Plan regulations)</td>
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**BIRTH TO AGE 18 YEARS**

**Contraceptive Services**
- Human Papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, Rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Polio
- Rotavirus
- Varicella (chicken pox)

**Exam and Assessments**
- Blood Pressure, Height, Weight and Body Mass Index (BMI)
- Developmental, Behavioral, Depression Assessments
- Eye Chart Vision Screening*
- Hearing Screenings
- Newborn Screenings
- Oral Health Screenings

**Lab Tests**
- Cholesterol and Lipid Levels
- Counseling for Obesity and Diet
- Hemoglobin or Hematocrit (blood count)
- Lead Exposure
- Pelvic Exams and Pap Tests
- HPV Screening
- Sexually Transmitted Infections
- TB Screening

**Immunizations**
- Diphtheria, Tetanus, Pertussis
- Haemophilus Influenza b (Hib)
- Hepatitis A and B

**AGE 19 AND OVER**

**Exam and Assessments**
- Blood Pressure, Height, Weight and Body Mass Index (BMI)
- Depression Screening
- Eye Chart Vision Screening*
- Hearing Screenings

**Imaging**
- Bone Density Screening for Osteoporosis
- Mammograms
- Ultrasound for Aortic Aneurysm (men)

**Immunizations**
- Diphtheria, Tetanus, Pertussis
- Hepatitis A and B
- Human Papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, Rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chicken pox)
- Zoster (shingles)

**Interventions and Counseling**
- Alcohol Misuse
- Aspirin Use for Cardiovascular Disease
- Breastfeeding
- Counseling for Genetic Testing for Breast and/or Ovarian Cancer
- Healthy Diet
- Obesity
- Tobacco Use

**Screenings during Pregnancy**
- Asymptomatic Bacteriuria
- Chlamydia
- Gestational Diabetes Screening
- Gonorrhea
- Hepatitis
- HIV
- Iron Deficiency Anemia
- Rh Incompatibility
- Syphilis

**Well-Woman Services**
- Breastfeeding support and supplies (in-network)
- Cervical Cancer Screening
- Contraceptive Services
- HPV Screening
- Mammograms
- Pap Test and Pelvic Exam

*Visual chart screenings are preventive for children ages 3-5 years. For 2017, adult comprehensive eye exams are part of the Anthem Blue View Vision plan with a co-pay of $10.00.*