

Prioritize Your Health with Preventive Care

Preventive care is routine health care—such as check-ups, screenings, and vaccinations—aimed at keeping you healthy and catching potential health problems early, often before symptoms appear.



Advantages of Preventive Care

Many short and long-term benefits can result from prioritizing your preventive care.

- 1 Early detection of health issues
- 2 Improved quality of life
- 3 Reduced healthcare costs
- 4 Peace of mind

Am I responsible for preventive care costs?

Health plans typically cover in-network preventive care, but it's important to check your specific plan details to understand your responsibilities and coverage.

How do I know what preventive care I need?

Preventive care needs are determined by criteria like your age, sex, and medical history. Ask your physician about preventive health measures that are appropriate for you.

Still have questions?

Call the phone number on the back of your ID card to receive additional assistance from your designated customer service team.

Preventive Care Guide

Preventive Care Services for Adults

Abdominal Aortic Aneurysm	Screening for men aged 65–75 years who have ever smoked
Alcohol & Drug Misuse	Screening and counseling for all adults
Anemia	Screening during pregnancy
Anxiety	Screening for anxiety disorders in adults, including pregnant and postpartum women
Asymptomatic Bacteriuria (Urinary Tract Infection)	Screening during pregnancy
Blood Pressure (Hypertension)	Screening for adults aged 18 years or older Blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment
Breast Cancer Genetic Test (BRCA)	Counseling for women at increased risk for breast cancer; includes genetic counseling and testing if deemed appropriate by a treating physician
Breast Cancer Mammography	Annually, for women over 40
Breast Cancer Preventive Medication	Women at increased risk for breast cancer
Breastfeeding Comprehensive Support & Counseling	Women during pregnancy and after birth
Cervical Cancer / Human Papillomavirus (HPV)	Screening and testing for women aged 21–29 years, every 3 years with cervical cytology alone. Women aged 30–65 years, every 3 years with cervical cytology alone; every 5 years with HPV testing alone; or every 5 years with HPV / Cytology co-testing
Chlamydia Infection Screening	Screening for sexually active women 24 years or younger and women 25 years or older who are at increased risk for infection
Colorectal Cancer	Screening for adults aged 45–75 years
Contraception	Available for women with reproductive capacity
Depression	Screening for adults

Preventive Care Services for Adults cont.

Diabetes (Type II)	Screening for prediabetes and Type II Diabetes in adults aged 35–70 years who are overweight or obese
Expanded Tobacco Intervention / Counseling	Screening for pregnant women with expanded counseling and behavioral interventions for cessation for pregnant tobacco users
Falls in Older Adults	Prevention for adults aged 65 years and older in community dwellings
Folic Acid	Supplements for women who may become pregnant
Gestational Diabetes	Screening for women 24 weeks pregnant and those at high risk of developing gestational diabetes
Gonorrhea Screening	Screening for sexually active women aged 24 and younger and older women at higher risk, including pregnant women
Healthy Diet	Counseling for adults at higher risk for diet related chronic diseases
Healthy Weight & Weight Gain During Pregnancy	Counseling aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy
Hepatitis B	Screening for pregnant women at their first prenatal visit and for adults at high risk for infection
Hepatitis C	Screening for adults aged 18–79 years
Human Immunodeficiency Virus (HIV)	Screening for everyone aged 15–65 years and other ages at increased risk, including all sexually active women; screening for all pregnant women, including those who present in labor who are untested and whose HIV status is unknown
HIV Preexposure Prophylaxis	Persons who are at high risk of contracting HIV
Hypertensive Disorders of Pregnancy Screening	Screening for hypertensive disorders in pregnant women with blood pressure measurements throughout pregnancy
Interpersonal & Domestic Violence	Screening adolescent and adult women for intimate partner and domestic violence and, when needed, providing or referring to intervention services

Preventive Care Services for Adults cont.

Latent Tuberculosis Infection	Screening for all adults at increased risk
Lung Cancer	Adults aged 50–80 years who have a 20 pack per year smoking history and who currently smoke or who have quit within the past 15 years
Obesity Prevention in Midlife Women	Counseling midlife women aged 40–60 with normal or overweight Body Mass Index (BMI) (18.5-29.9 kg/m ²) to maintain weight or limit weight gain to prevent obesity
Obesity-Related Morbidity	Prevention for adults with a BMI of 30 or higher
Osteoporosis	Screening for women over age 65 and postmenopausal women younger than 65 years
Patient Navigation Services for Breast and Cervical Cancer	Services for breast and cervical cancer screening and follow-up, as relevant, to increase utilization of screening recommendations based on an assessment of the patient's needs for navigation services
Perinatal Depression	Counseling and intervention for pregnant or postpartum women who are at increased risk
Preeclampsia	Prevention and screening for pregnant women who are at high risk after 18 weeks of gestation; low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in women who are at high risk for preeclampsia
Primary Care Behavioral Counseling Interventions for Breastfeeding	Providing interventions or referrals during pregnancy and after birth to support breastfeeding
Prostate Cancer	Screening for men aged 55–69 years
Rh(D) Incompatibility	Screening for pregnant women during first pregnancy related visit and at 24–28 weeks gestation
Sexually Transmitted Infection	Prevention counseling for adults at higher risk, including all sexually active women, annually
Statin Use for Prevention of Cardiovascular Disease (CVD)	Adults aged 40–75 years with no history of CVD, one or more risk factors, and a calculated 10-year CVD event risk of 10% or higher
Syphilis	Screening for all adults at higher risk and all pregnant women

Preventive Care Services for Adults cont.

Tobacco Use Cessation	Screening for all adults, behavioral interventions, and FDA approved cessation products for adults who use tobacco
Well Visits	Annually for adults and children to obtain preventive services that are age and developmentally appropriate, including preconception and prenatal care

*Subject to the terms of your plan's coverage, a prescription may be required for equipment and supplies, and you may be required to obtain them through in-network providers. Precertification may be required for certain types of equipment.

†Subject to the terms of your plan's coverage, cost sharing may be applied for brand name contraceptive products where generic alternatives are available. In order for certain medications and products, including over-the-counter medications, to be covered, a prescription from your physician may be required.

‡These guidelines do not apply with respect to group health plans maintained or established by Objecting Organizations. See Federal Register Notice: Religious Exemptions and Accommodations for Coverage of Certain Preventive Services under the Affordable Care Act.

Preventive Care Services for Children

Alcohol, Tobacco, & Drug Use	Assessments for adolescents
Anemia	Screening for children through age 21
Anxiety	Screening in children and adolescents aged 8–18 years
Autism Screening / Developmental Screening	Children at intervals through 30 months
Behavioral Evaluation	Assessments for children and adolescents at intervals through age 21
Bilirubin Concentration	Screening for newborns
Depression	Screening for adolescents aged 12–21 years
Dyslipidemia	Screening for children at high risk for lipid disorders or at intervals through age 21
Fluoride	Supplements for children aged 0–5 years
Gonorrhea	Preventive medication for the eyes of all newborns
Hearing	Screening for children with a positive risk assessment, or at intervals through age 21
HIV	HIV screening lab work conducted at least once between ages 15–21 years. Also recommended anytime between ages 11–14 years, when a risk assessment is positive. After initial screening, youth at increased risk of HIV infection should be retested annually or more frequently if at high risk
Immunizations (Age requirements may vary)	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B Hepatitis A Hepatitis B Human Papillomavirus (HPV) Inactivated Poliovirus Influenza (Flu Shot) Measles, Mumps, Rubella Meningococcal Pneumococcal Rotavirus Varicella (Chicken Pox), Zoster (Shingles) COVID-19 (Under FDA’s Emergency Use Authorization)

Preventive Care Services for Children cont.

Interventions to Prevent Tobacco Use	School age children and adolescents
Lead	Screening for children at intervals to 6 years, based on risk assessment
Newborn Screenings	Hearing Screening Hypothyroidism Screening Phenylketonuria Screening Sickle Cell Screening Metabolic Screening Panel
Obesity	Screening and counseling for children aged 6 years and older
Sexually Transmitted Infections	Screening conducted if risk assessment is positive between ages 11–21 years and counseling for sexually active adolescents
Skin Cancer	Behavioral counseling for children / adolescents / young adults aged 6 months to 24 years who are at risk
Tuberculosis (TB)	Testing for children and adolescents at increased risk at intervals through age 17
Vision	Screening for all children aged 3–5 years

These preventive health services guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices (ACIP) for immunizations, and evidence-informed preventive care and screening guidelines supported by the Health Resources and Services Administration (HRSA) for infants, children, and adolescents and for women. For ACA compliance purposes, this list may not be comprehensive, and as new guidelines and recommendations are issued, new services will be required to be covered. Always discuss your particular preventive care needs with your physician.