

Overview (Federal Preventive Care Requirements): The federal Patient Protection and Affordable Care Act (PPACA) requires non-grandfathered health plans to cover certain services under preventive care, without cost sharing to members when provided by an in-network provider. This coverage includes:

- Evidence-based items or services that have in effect a rating of “A” or “B” in the current recommendations of the United States Preventive Services Task Force (USPSTF).
 - Published USPSTF A/B recommendations can be found at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>
- Immunizations for routine use in children, adolescents, and adults that have in effect a recommendation from the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC).
 - Published ACIP recommended immunization schedules can be found at: <https://www.cdc.gov/vaccines/hcp/imz-schedules/index.html>
- With respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in the comprehensive guidelines supported by the Health Resources and Services Administration (HRSA). HRSA endorses preventive guidelines established by the American Academy of Pediatrics (AAP) for the health and well-being of infants, children, and adolescents. These recommendations are referred to as Bright Futures.
 - Published Bright Futures recommendations can be found at: https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf
- With respect to women, such additional preventive care and screenings as provided for in comprehensive guidelines supported by the HRSA.
 - Published HRSA recommendations (for women) can be found at: <https://www.hrsa.gov/womens-guidelines>

Note: Coverage of preventive care services must become effective upon a plan’s start or anniversary date that is one year after the date a new recommendation or guideline is issued.

PPACA states reasonable medical management techniques may be used to determine coverage limitations if a recommendation or guideline does not specify the frequency, method, treatment, or setting for the provision of a recommended preventive service. Reasonable medical management techniques may include precertification, concurrent review, claim review, or similar practices to determine coverage limitations under the plan. These established reasonable medical management techniques and practices may be utilized to determine frequency, method, treatment, or setting for the provision of a recommended preventive service.

In addition to the designated services identified by the above-listed sources, tobacco cessation treatment, wellness examinations for all populations — children and adults — and services that are integral to the furnishing of a specific preventive care benefit (e.g., anesthesia provided during sterilization surgery for women) are included under preventive care coverage.

QualChoice Preventive Care Coverage: With the exception of grandfathered plans, all QualChoice health plans provide preventive care coverage in accordance with the above-listed PPACA requirements. If two recommendations address the same benefit, but differ (e.g., USPSTF’s breast cancer screening recommendation vs. HRSA’s breast cancer screening recommendation), the richest benefit coverage applies. **Although this documentation mainly focuses on federal requirements (national preventive care coverage), we do cover additional preventive care benefits when required by state law.**

QualChoice grandfathered plans cover the preventive services listed herein when provided by an in-network provider, but they are subject to applicable cost sharing amounts.

Preventive care refers to measures or services taken to promote health and early detection/prevention of diseases and injuries, rather than treating them or curing them. Preventive care may include, but is not limited to, examinations and screening tests tailored to an individual’s age, health, and family history. With the exception of care provided to members enrolled in grandfathered plans, all preventive care received from an in-network QualChoice provider is covered with no cost share (i.e., covered at 100% (of the contracted amount) – without deductible, coinsurance, or copayment). This coverage also includes preventive prescription medications such as contraceptives, aspirin, vitamin D, and folic acid for all persons planning to or who could become pregnant. The Formulary (Prescription Drug List) can provide additional details on specific medications covered without cost share.

Please keep in mind, certain covered services can be provided for preventive or diagnostic reasons. When a covered preventive service is performed for the purpose of preventive screening and is appropriately reported (billed by the provider), it will fall under the preventive care services benefit. This includes services directly related to the performance of a covered preventive care service. Examples of preventive services are those performed on a person who:

- Has not had the preventive screening done before and does not have symptoms or other abnormal findings suggesting abnormalities; or
- Has had the preventive screening done within the recommended interval with the findings considered normal; or
- Has had diagnostic services results that were normal after which the physician recommendation would be for future preventive screening studies using the preventive services intervals.

However, when a covered service is performed for diagnostic purposes and is billed correctly by the provider, it will not fall under preventive care, but rather under the applicable non-preventive medical benefit, which may be subject to cost share (deductible, coinsurance, or copayment) depending on your plan. Examples of diagnostic services are those performed on a person who:

- Had abnormalities found in previous preventive or diagnostic studies that require further diagnostic studies; or
- Had abnormalities found in previous preventive or diagnostic studies that would recommend a repeat of the same studies within shortened time intervals from the recommended preventive screening time intervals; or
- Had a symptom(s) that required further diagnosis; or
- Does not fall within the applicable population for a recommendation or guideline.

The following table (beginning on page 3) provides an overview of available preventive care coverage. IMPORTANT: If a preventive care service is recommended for a specific gender (e.g., men or women), this is in reference to the individual’s sex assigned at birth, rather than gender identity.

Acronyms:

- **AAP:** American Academy of Pediatrics
- **MMEP:** Major Medical Expense Policy
- **ACIP:** Advisory Committee on Immunization
- **USPSTF:** United States Preventive Practices Services Task Force
- **PPACA:** Patient Protection & Affordable Care Act
- **CDC:** Centers for Disease Control & Prevention
- **EOC:** Evidence of Coverage
- **WPSI:** Women’s Preventive Services Initiative
- **HRSA:** Health Resources & Services Administration

Member Questions: For any questions regarding preventive care coverage, please talk to your physician directly or call us at the toll-free number listed on the back of your QualChoice ID card.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Wellness Examinations	Children and Adults	<p>Preventive medicine comprehensive evaluation and management services (i.e., wellness examinations) for well-baby, well-child, and well-adult/woman include:</p> <ul style="list-style-type: none"> • An age-and gender-appropriate history • Physical examination • Counseling/anticipatory guidance • Risk factor reduction interventions • The ordering of appropriate immunization(s) and laboratory/screening procedures <p>Note: The below-listed services may be provided as part of a wellness examination or at a separate encounter.</p>

USPSTF’s A/B Recommendations

Abdominal Aortic Aneurysm Screening	Men	<p>USPSTF Rating (Dec. 2019): B</p> <p>The USPSTF recommends 1-time screening for abdominal aortic aneurysm with ultrasonography in men aged 65-75 years who have ever smoked.</p>
Anxiety Screening in Children and Adolescents	Children and Adolescents	<p>USPSTF Rating (Oct. 2022): B</p> <p>The USPSTF recommends screening for anxiety in children and adolescents aged 8 to 18 years.</p>
Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality	Pregnant Women	<p>USPSTF Rating (Sept. 2021): B</p> <p>The USPSTF recommends the use of low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia.</p>
Bacteriuria Screening	Pregnant Women	<p>USPSTF Rating (Sept. 2019): B</p> <p>The USPSTF recommends screening for asymptomatic bacteriuria using urine culture in pregnant persons.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Behavioral Counseling to Prevent Sexually Transmitted Infections	Adolescents and Adults	USPSTF Rating (Aug. 2020): B The USPSTF recommends behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs).
Behavioral Counseling to Prevent Skin Cancer	Children, Adolescents, Young Adults, and Parents of Young Children	USPSTF Rating (March 2018): B The USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons ages six months to 24 years with fair skin types to reduce their risk of skin cancer.
Breast Cancer Screening	Women	USPSTF Rating (April 2024): B The USPSTF recommends biennial screening mammography for women aged 40 to 74 years. Note: Please also refer to the HRSA breast cancer screening recommendation on page 11; it addresses richer coverage (as frequently as annually).
Cervical Cancer Screening	Women	USPSTF Rating (Aug. 2018): A The USPSTF recommends screening for cervical cancer every three years with cervical cytology alone in women aged 21-29 years. For women 30 to 65 years of age, the USPSTF recommends: <ul style="list-style-type: none"> • Screening every three years with cervical cytology (pap test) alone, • Every five years with high-risk human papillomavirus (hrHPV) testing alone, or • Every five years with hrHPV testing in combination with cytology (co-testing)
Chlamydia Infection Screening	Women	USPSTF Rating (Sept. 2021): B The USPSTF recommends screening for chlamydia in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection. This recommendation applies to asymptomatic, sexually active adolescents and adults, including pregnant persons.
Cholesterol Screening (Lipid Disorders Screening) / Statin Use for the Primary Prevention of Cardiovascular Disease in Adults	Adults	USPSTF Rating (Aug. 2022): B The USPSTF recommends that adults without a history of cardiovascular disease (CVD) use a low to moderate dose statin for the prevention of CVD events and mortality when all the following criteria are met: <ul style="list-style-type: none"> • They are aged 40 to 75 years; • They have one or more CVD risk factors (such as dyslipidemia, diabetes, hypertension, or smoking); and • They have a calculated 10-year risk of a cardiovascular event of 10% or greater. Note: Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults aged 40 to 75 years.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Colorectal Cancer Screening	Adults	<p>USPSTF Rating (May 2021): B The USPSTF recommends screening for colorectal cancer in adults aged 45 to 49 years.</p> <p>USPSTF Rating (May 2021): A The USPSTF recommends screening for colorectal cancer in all adults aged 50 to 75 years.</p> <p>Several recommended screening tests are available. Clinicians and patients may consider a variety of factors in deciding which testing approach is best for each person.</p> <p>Recommended intervals* for colorectal cancer screening tests include:</p> <ul style="list-style-type: none"> • High-sensitivity guaiac fecal occult blood test (HSgFOBT) or fecal immunochemical test (FIT) every year • Stool DNA-FIT every one to three years • Computed tomography colonography every five years • Flexible sigmoidoscopy every five years • Flexible sigmoidoscopy every 10 years + annual FIT • Colonoscopy screening every 10 years <p>*IMPORTANT: If a follow-up colonoscopy is required due to a positive non-invasive stool-based screening test or direct visualization screening test for colorectal cancer, the follow-up colonoscopy screening is also considered preventive care (covered without cost share when provided by an in-network provider). Per the USPSTF, “the follow-up colonoscopy is an integral part of the preventive screening without which the screening would not be complete.”</p>
Fluoride Application in Primary Care (Prevention of Dental Caries in Children Younger than Five Years)	Infants and Children	<p>USPSTF Rating (Dec. 2021): B The USPSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.</p> <p>USPSTF Rating (Dec. 2021): B The USPSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age six months for children whose water supply is deficient in fluoride.</p>
Folic Acid for the Prevention of Neural Tube Defects	Women	<p>USPSTF Rating (Aug. 2023): A The USPSTF recommends that all individuals planning to or who could become pregnant take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Genetic Counseling and Evaluation for BRCA Testing and BRCA Lab Screening	Women	<p>USPSTF Rating (Aug. 2019): B</p> <p>The USPSTF recommends that primary care clinicians assess women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool.</p> <p>Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing.</p>
Gestational Diabetes Screening	Pregnant Women	<p>USPSTF Rating (Aug. 2021): B</p> <p>The USPSTF recommends screening for gestational diabetes mellitus in asymptomatic pregnant individuals at 24 weeks of gestation or after.</p>
Gonorrhea Screening	Women	<p>USPSTF Rating (Sept. 2021): B</p> <p>The USPSTF recommends screening for gonorrhea in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection. This recommendation applies to asymptomatic, sexually active adolescents and adults, including pregnant persons.</p>
Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults with Cardiovascular Risk Factors: Behavioral Counseling Interventions	Adults	<p>USPSTF Rating (Nov. 2020): B</p> <p>The USPSTF recommends offering or referring adults with cardiovascular disease risk factors to behavioral counseling interventions to promote a healthy diet and physical activity.</p>
Healthy Weight and Weight Gain During Pregnancy: Behavioral Counseling Interventions	Pregnant Women	<p>USPSTF Rating (May 2021): B</p> <p>The USPSTF recommends that clinicians offer pregnant persons effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.</p>
Hepatitis B Virus Infection Screening	Adolescents and Adults	<p>USPSTF Rating (July 2019): A</p> <p>The USPSTF recommends screening for hepatitis B virus (HBV) infection in pregnant women at their first prenatal visit.</p> <p>USPSTF Rating (Dec. 2020): B</p> <p>The USPSTF recommends screening for hepatitis B virus (HBV) infection in adolescents and adults at high risk for infection.</p>
Hepatitis C Virus Infection Screening	Adults	<p>USPSTF Rating (March 2020): B</p> <p>The USPSTF recommends screening for hepatitis C virus infection in adults aged 18-79 years.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Human Immunodeficiency Virus (HIV) Screening	Adolescents and Adults	<p>USPSTF Rating (June 2019): A</p> <p>The USPSTF recommends that clinicians screen for HIV infection in:</p> <ul style="list-style-type: none"> • Adolescents and adults aged 15-65 years. • Younger adolescents and older adults who are at increased risk of infection should also be screened. • All pregnant individuals, including those who present in labor or at delivery whose HIV status is unknown.
Hypertensive Disorders of Pregnancy Screening	Pregnant Persons	<p>USPSTF Rating (Sept. 2023): B</p> <p>The USPSTF recommends screening for hypertensive disorders in pregnant persons with blood pressure measurements throughout pregnancy.</p>
Interventions for High BMI in Children and Adolescents	Children and Adolescents	<p>USPSTF Rating (June 2024): B</p> <p>The USPSTF recommends that clinicians provide or refer children and adolescents six years or older with a high BMI (greater than or equal to the 95th percentile for age and sex) to comprehensive, intensive behavioral interventions.</p>
Interventions for Tobacco Smoking Cessation in Adults, including Pregnant Persons	Adults	<p>USPSTF Rating (Jan. 2021): A</p> <p>The USPSTF recommends that clinicians ask all pregnant individuals about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco.</p> <p>USPSTF Rating (Jan. 2021): A</p> <p>The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and US Food and Drug Administration (FDA) approved pharmacotherapy for cessation to nonpregnant adults who use tobacco.</p>
Latent Tuberculosis Infection: Screening	Adults	<p>USPSTF Rating (Sept. 2016): B</p> <p>The USPSTF recommends screening for latent tuberculosis infection (LTBI) in populations at increased risk. This recommendation applies to asymptomatic adults 18 years and older at increased risk for tuberculosis.</p>
Medication Use to Reduce Risk of Breast Cancer	Women	<p>USPSTF Rating (Sept. 2019): B</p> <p>The USPSTF recommends that clinicians offer to prescribe risk reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, to women who are at increased risk for breast cancer and at low risk for adverse medication effects.</p>
Ocular Prophylaxis for Gonococcal Ophthalmia Neonatorum	Newborns	<p>USPSTF Rating (Jan. 2019): A</p> <p>The USPSTF recommends prophylactic ocular topical medication for all newborns to prevent gonococcal ophthalmia neonatorum.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Osteoporosis Screening	Women	<p>USPSTF Rating (June 2018): B The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older.</p> <p>USPSTF Rating (June 2018): B The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in postmenopausal women younger than 65 years who are at increased risk of osteoporosis, as determined by a formal clinical risk assessment tool.</p>
Perinatal Depression – Preventive Interventions (Counseling)	Pregnant and Postpartum Women	<p>USPSTF Rating (Feb. 2019): B The USPSTF recommends that clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions.</p>
Preeclampsia Screening	Pregnant Women	<p>USPSTF Rating (April 2017): B The USPSTF recommends screening for preeclampsia in pregnant women with blood pressure measurements throughout pregnancy.</p>
Prevention of Falls in Community-Dwelling Older Adults	Adults	<p>USPSTF Rating (April 2018): B The USPSTF recommends exercise interventions to prevent falls in community-dwelling adults 65 years or older who are at increased risk for falls.</p>
Prevention of Human Immunodeficiency Virus (HIV) Infection: Preexposure Prophylaxis	Adolescents and Adults	<p>USPSTF Rating (Aug. 2023): A The USPSTF recommends that clinicians offer preexposure prophylaxis (PrEP) with effective antiretroviral therapy to individuals who are at high risk of HIV acquisition.</p> <p>Includes related benefits:</p> <ul style="list-style-type: none"> • Kidney function testing (creatinine) • Serologic testing for hepatitis B and C virus • Testing for other STIs • Pregnancy testing when appropriate • Ongoing follow-up and monitoring, including HIV testing every three months
Primary Care Interventions to Prevent Tobacco Use in Children and Adolescents	Children and Adolescents	<p>USPSTF Rating (April 2020): B The USPSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents.</p> <p>Bright Futures recommends tobacco use assessments from age 11-21 years.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Interventions to Support Breastfeeding	Pregnant and Postpartum Women	USPSTF Rating (April 2025): B The USPSTF recommends providing interventions or referrals during pregnancy and after birth to support breastfeeding.
Rh(D) Incompatibility Screening	Pregnant Women	USPSTF Rating (Feb. 2004): A The USPSTF recommends Rh(D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy related care. USPSTF Rating (Feb. 2004): B The USPSTF recommends repeated Rh(D) antibody testing for all unsensitized Rh(D)-negative women at 24-28 weeks gestation, unless the biological father is known to be Rh(D)-negative.
Screening and Behavioral Counseling Interventions in Primary Care to Reduce Unhealthy Alcohol Use in Adults	Adults	USPSTF Rating (Nov. 2018): B The USPSTF recommends screening for unhealthy alcohol use in primary care settings in adults 18 years or older, including pregnant women, and providing persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce unhealthy alcohol use.
Screening for Anxiety Disorders in Adults	Adults	USPSTF Rating (June 2023): B The USPSTF recommends screening for anxiety disorders in adults (64 years or younger), including pregnant and postpartum persons.
Screening for Depression and Suicide Risk in Adults	Adults	USPSTF Rating (June 2023): B The USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
Screening for Depression and Suicide Risk in Children and Adolescents	Adolescents	USPSTF Rating (Oct. 2022): B The USPSTF recommends screening for major depressive disorder (MDD) in adolescents aged 12-18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
Screening for High Blood Pressure (Hypertension) in Adults	Adults	USPSTF Rating (April 2021): A The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement. The USPSTF recommends obtaining blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment.
Screening for Intimate Partner Violence	Women	USPSTF Rating (June 2025): B The USPSTF recommends that clinicians screen for intimate partner violence (IPV) in women of reproductive age, including those who are pregnant and postpartum.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Screening for Lung Cancer with Low-Dose Computed Tomography	Adults	USPSTF Rating (March 2021): B The USPSTF recommends annual screening for lung cancer with low dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.
Screening for Pre-Diabetes and Type 2 Diabetes	Adults	USPSTF Rating (Aug. 2021): B The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.
Screening for Visual Impairment in Children	Children	USPSTF Rating (Sept. 2017): B The USPSTF recommends vision screening at least once in all children aged three to five years to detect amblyopia or its risk factors.
Syphilis Screening	Adolescents and Adults	USPSTF Rating (May 2025): A The USPSTF recommends early, universal screening for syphilis infection during pregnancy; if an individual is not screened early in pregnancy, the USPSTF recommends screening at the first available opportunity. USPSTF Rating (Sept. 2022): A The USPSTF recommends screening for syphilis infection in persons who are at increased risk for infection (asymptomatic, nonpregnant adults and adolescents who are at increased risk for syphilis infection).
Unhealthy Drug Use Screening (Adults)	Adults	USPSTF Rating (June 2020): B The USPSTF recommends screening by asking questions about unhealthy drug use in adults aged 18 years or older. Screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred. (Screening refers to asking questions about unhealthy drug use, not testing biological specimens.)
Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions	Adults	USPSTF Rating (Sept. 2018): B The USPSTF recommends that clinicians offer or refer adults with a body mass index (BMI) of 30 or higher (calculated as weight in kilograms divided by height in meters squared) to intensive multicomponent behavioral interventions.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
HRSA-Supported Women’s Preventive Services Guidelines		
Breast Cancer Screening	Women	<p>WPSI recommends that women at average risk of breast cancer initiate mammography screening no earlier than age 40 years and no later than age 50 years. Screening mammography should occur at least biennially and as frequently as annually.</p> <p>Women may require additional imaging to complete the screening process or to address findings on the initial screening mammography. If additional imaging (e.g., magnetic resonance imaging (MRI), ultrasound, mammography) and pathology evaluation are indicated, these services also are recommended to complete the screening process for malignancies. Screening should continue through at least age 74 years, and age alone should not be the basis for discontinuing screening.</p> <p>STATE SPECIFIC: In Arkansas, per state law, preventive breast cancer screenings include mammograms and ultrasounds. In addition, the cost share applied to diagnostic examinations for breast cancer, including breast magnetic resonance imaging, mammograms and ultrasounds, cannot exceed that for a preventive screening. Note (exception): For HSA-compatible plans, the deductible cannot be waived for benefits that exceed the federal ACA preventive care requirements. (Please refer to the EOC for additional information.)</p>
Breastfeeding Services and Supplies	Women	<p>WPSI recommends comprehensive lactation support services (including consultation; counseling; education by clinicians and peer support services; and breastfeeding equipment and supplies) during the antenatal, perinatal, and postpartum periods to optimize the successful initiation and maintenance of breastfeeding.</p> <p>Breastfeeding equipment and supplies include, but are not limited to, double electric breast pumps (including pump parts and maintenance) and breast milk storage supplies. Access to double electric pumps should be a priority to optimize breastfeeding and should not be predicated on prior failure of a manual pump. Breastfeeding equipment may also include equipment and supplies as clinically indicated to support dyads with breastfeeding difficulties and those who need additional services.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Contraception	Women	<p>WPSI recommends that adolescent and adult women have access to the full range of contraceptives and contraceptive care to prevent unintended pregnancies and improve birth outcomes. Contraceptive care includes screening, education, counseling, and provision of contraceptives. Contraceptive care also includes follow-up care (e.g., management, evaluation, and changes, including the removal, continuation, and discontinuation of contraceptives).</p> <p>WPSI recommends that the full range of U.S. Food and Drug Administration (FDA) approved, granted, or cleared contraceptives, effective family planning practices, and sterilization procedures be available as part of contraceptive care. The full range of contraceptives includes those currently listed in the FDA's Birth Control Guide: (1) sterilization surgery for women, (2) implantable rods, (3) copper intrauterine devices, (4) intrauterine devices with progestin (all durations and doses), (5) injectable contraceptives, (6) oral contraceptives (combined pill), (7) oral contraceptives (progestin only), (8) oral contraceptives (extended or continuous use), (9) the contraceptive patch, (10) vaginal contraceptive rings, (11) diaphragms, (12) contraceptive sponges, (13) cervical caps, (14) condoms, (15) spermicides, (16) emergency contraception (levonorgestrel), and (17) emergency contraception (ulipristal acetate), as well as any additional contraceptives approved, granted, or cleared by the FDA.</p> <p>Also, instruction in fertility awareness-based methods, including the lactation amenorrhea method, should be provided to women desiring an alternative method.</p>
Counseling for Sexually Transmitted Infections (STIs)	Women	<p>WPSI recommends directed behavioral counseling by a health care clinician or other appropriately trained individual for sexually active adolescent and adult women at an increased risk for STIs. WPSI recommends that clinicians review a woman's sexual history and risk factors to help identify those at an increased risk of STIs. Note: For adolescents and women not identified as high risk, counseling to reduce the risk of STIs should be considered, as determined by clinical judgment.</p>
Obesity Prevention in Midlife Women	Women	<p>WPSI recommends counseling midlife women aged 40 to 60 years with normal or overweight body mass index (BMI) (18.5-29.9 kg/m²) to maintain weight or limit weight gain to prevent obesity. Counseling may include individualized discussion of healthy eating and physical activity.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Patient Navigation Services for Breast and Cervical Cancer	Women	The WPSI recommends patient navigation 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. Patient navigation services involve person-to-person (e.g., in-person, virtual, hybrid models) contact with the patient. Components of patient navigation services should be individualized. Services include, but are not limited to, person-centered assessment and planning, health care access and health system navigation, referrals to appropriate support services (e.g., language translation, transportation, and social services), and patient education.
Screening and Counseling for Intimate Partner and Domestic Violence	Women	WPSI recommends screening adolescent and adult women for intimate partner and domestic violence, at least annually, and, when needed, providing or referring to intervention services. Intimate partner and domestic violence include physical violence, sexual violence, stalking and psychological aggression (including coercion), reproductive coercion, neglect, and the threat of violence, abuse, or both. Intervention services include, but are not limited to, counseling, education, harm reduction strategies, and appropriate supportive services.
Screening for Anxiety	Women	WPSI recommends screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum. Optimal screening intervals are unknown and clinical judgement should be used to determine screening frequency. Given the high prevalence of anxiety disorders, lack of recognition in clinical practices, and multiple problems associated with untreated anxiety, clinicians should consider screening women who have not been recently screened.
Screening for Cervical Cancer	Women	WPSI recommends cervical cancer screening for average-risk women aged 21 to 65 years. For women aged 21 to 29 years recommends cervical cancer screening using cervical cytology (Pap test) every three years. Co-testing with cytology and human papillomavirus testing is not recommended for women younger than 30 years. Women aged 30 to 65 years should be screened with cytology and human papillomavirus testing every five years or cytology alone every three years.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Screening for Diabetes After Pregnancy	Women	WPSI recommends screening for type 2 diabetes in women with a history of gestational diabetes mellitus (GDM) who are not currently pregnant and who have not previously been diagnosed with type 2 diabetes. Initial testing should ideally occur within the first year postpartum and can be conducted as early as four to six weeks postpartum. Women who were not screened in the first year postpartum or those with a negative initial postpartum screening test result should be screened at least every three years for a minimum of 10 years after pregnancy. For those with a positive screening test result in the early postpartum period, testing should be repeated at least six months postpartum to confirm the diagnosis of diabetes regardless of the type of initial test (e.g., fasting plasma glucose, hemoglobin A1c, oral glucose tolerance test). Repeat testing is also indicated for women screened with hemoglobin A1c in the first six months postpartum regardless of whether the test results are positive or negative because the hemoglobin A1c test is less accurate during the first six months postpartum.
Screening for Diabetes in Pregnancy	Women	WPSI recommends screening pregnant women for gestational diabetes mellitus after 24 weeks of gestation (preferably between 24 and 28 weeks of gestation) to prevent adverse birth outcomes. WPSI recommends screening pregnant women with risk factors for type 2 diabetes or GDM before 24 weeks of gestation—ideally at the first prenatal visit.
Screening for Human Immunodeficiency Virus (HIV) Infection	Women	WPSI recommends all adolescent and adult women, ages 15 and older, receive a screening test for human immunodeficiency virus (HIV) at least once during their lifetime. Earlier or additional screening should be based on risk and rescreening annually or more often may be appropriate beginning at age 13 for adolescent and adult women with an increased risk of HIV infection. The WPSI recommends risk assessment and prevention education for HIV infection beginning at age 13 and continuing as determined by risk. A screening test for HIV is recommended for all pregnant women upon initiation of prenatal care with rescreening during pregnancy based on risk factors. Rapid HIV testing is recommended for pregnant women who present in labor with an undocumented HIV status.
Screening for Urinary Incontinence	Women	WPSI recommends screening women for urinary incontinence annually. Screening should assess whether women experience urinary incontinence and whether it impacts their activities and quality of life. The Women’s Preventive Services Initiative recommends referring women for further evaluation and treatment if indicated.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Well-Woman Exams	Women	WPSI recommends that women receive at least one preventive care visit per year beginning in adolescence and continuing across the lifespan to ensure the provision of all recommended preventive services, including preconception and many services necessary for prenatal and interconception care, are obtained. The primary purpose of these visits should be the delivery and coordination of recommended preventive services as determined by age and risk factors. These services may be completed on a single visit or as part of a series of visits that take place over time to obtain all necessary services.

Bright Futures: Recommendations for Preventive Pediatric Health Care

Anemia Screening	Children	Anemia screening in children up until the age of 22.
Depression Screening	Children	Depression screening at each of the recommended visits between the ages of 12-21 years. Note: Maternal depression screening for postpartum depression should be integrated into well-child visits at one, two, four, and six months of age.
Dyslipidemia Screening (Risk Assessment/ Screening Lab Work)	Children	Risk Assessment recommended at 24 months, four years, six years, eight years, 12 years, 13 years, 14 years, 15 years, 16 years. Screening Lab Work - conduct if risk assessment is positive, or, at the following intervals: <ul style="list-style-type: none"> • Once between the ages of 9-11 years; • Once between the ages of 17-21 years.
Fluoride Application in Primary Care – Prevention of Dental Caries	Children	For those at high risk, consider the application of fluoride varnish for caries prevention every three to six months, between ages six months to five years.
Formal Developmental/ Autism Screening	Children	Screening up until the age of three.
Hearing Tests	Children	Hearing Tests - recommended at ages: Newborn; between three to five days to two months; four years; five years, six years; eight years; 10 years; once between age 11-14 years; once between age 15- 17 years; once between age 18-21 years; also recommended for those that have a positive risk assessment. Risk Assessment - recommended at ages: four months, six months, nine months, 12 months, 15 months, 18 months, 24 months, 30 months, three years, seven years, and nine years.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
HIV Screening	Children	HIV Risk Assessment: Conduct risk assessment at age 11 years, 12 years, 13 years and 14 years. HIV Screening Lab Work: Conduct once between the ages of 15-21 years. Also, it is recommended anytime between the ages of 11-14 years when a risk assessment is positive.
Hypothyroidism Screening	Newborns	Screening for congenital hypothyroidism in newborns (0-90 days).
Lead Screening	Children	Lead screening, from ages six months until the age of seven.
Phenylketonuria Screening	Newborns	Screening for phenylketonuria (PKU) in newborns (0-90 days).
Psychosocial/Behavioral Assessment	Children	Assessments recommended up until the age of 22.
Screening for Visual Impairment in Children	Children	Visual acuity screening is recommended for ages four and five years as well as for cooperative three-year-old children. Instrument-based screening is recommended for 12 and 24 months, in addition to the well visits at three to five years of age.
Sexually Transmitted Infections (STI)	Children	STI Risk Assessment: Conduct risk assessment at each of the recommended visits between the ages of 11-21 years. STI Lab Work: Conduct if risk assessment is positive.
Sickle Cell Screening	Newborns	Screening for sickle cell disease in newborns (0-90 days).
Tobacco, Alcohol or Drug Use Assessment	Children	Assessments recommended between 11-21 years of age.
Tuberculosis Testing	Children	Testing until the age of 22.

ACIP Recommendations: Routine Immunizations for Children

Chickenpox (Varicella)	Children	Two doses of the chickenpox shot are recommended for children by doctors as the best way to protect against chickenpox (varicella). One dose at each of the following ages: <ul style="list-style-type: none"> • 1st Dose: 12–15 months • 2nd Dose: four to six years • Older children or adolescents should also get two doses of the chickenpox if they have never received a chickenpox shot or never had chickenpox. They should also get a second shot if they have had only one chickenpox shot.
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Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Chikungunya Vaccine	Children	ACIP voted to recommend the virus-like particle chikungunya vaccine for persons 12 years and older traveling to a country or territory where there is a chikungunya outbreak. In addition, the virus-like particle chikungunya vaccine may be considered for persons 12 years or older taking up residence or traveling (for a duration of six+ months) in a country or territory without an outbreak but with elevated risk.
COVID-19 Vaccine	Children (six months of age and older)	See the link for full details: https://www.cdc.gov/covid/vaccines/stay-up-to-date.html
Diphtheria, Tetanus and Pertussis (DTaP)	Children	Five doses of the DTaP shot and a Tdap booster shot are recommended for children and preteens by doctors as the best way to protect against diphtheria. Note: Protects against diphtheria, as well as tetanus and whooping cough (pertussis). Recommended cadence: <ul style="list-style-type: none"> • 1st Dose: two months • 2nd Dose: four months • 3rd Dose: six months • 4th Dose: 15–18 months • 5th Dose: four to six years • 6th Dose: 11 or 12 years (booster vaccine called Tdap)
Haemophilus Influenzae Type b (Hib)	Children	Three or four doses, depending on the brand of the vaccine, are recommended for children by doctors as the best way to protect against Hib disease. One dose at each of the following ages: <ul style="list-style-type: none"> • 1st Dose: two months • 2nd Dose: four months • 3rd Dose: six months (for some brands) • 4th Dose: 12–15 months
Hepatitis A	Children	Two doses of the hepatitis A vaccine are recommended for children by doctors as the best way to protect against hepatitis A. One dose at each of the following ages: <ul style="list-style-type: none"> • 1st Dose: 12–23 months • 2nd Dose: six months after the last dose

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Hepatitis B	Children	<p>Three doses of hepatitis B shots are recommended for children by doctors as the best way to protect against hepatitis B.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: Shortly after birth • 2nd Dose: one to two months • 3rd Dose: six to 18 months
Human Papillomavirus (HPV)	Children	<p>HPV vaccination is recommended at ages 11–12 years (Note: the vaccination can be given starting at nine years, for special situations) to protect against cancers caused by HPV infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • 11–12 years: • Two doses of the HPV shot are needed, six to 12 months apart. • If the shots are given less than five months apart, a third dose is needed. • If started after 15th birthday: • Three doses of the HPV shot should be given over six months.
Inactivated Poliovirus	Children	<p>Four doses of polio shots for children are recommended by doctors as the best way to protect against polio.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: two months • 2nd Dose: four months • 3rd Dose: six to 18 months • 4th Dose: four to six years
Influenza (flu shot)	Children	<p>A yearly flu vaccine is the best way to protect your child from flu and its potentially serious complications.</p> <p>Doctors recommend children get a flu vaccine every year in the fall, starting when they are six months old. Note: Some children (six months through eight years of age) may need two doses for best protection.</p>
Measles	Children	<p>Two doses of the MMR vaccine are recommended for children by healthcare providers as the best way to protect against measles, mumps, and rubella.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: 12–15 months • 2nd Dose: four to six years

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Meningococcal	Children	<p>Two doses of the meningococcal vaccine called MenB-4C (Bexsero) to be administered as a two-dose series at zero and six months when given to healthy adolescents.</p> <p>Three doses of the meningococcal vaccine called MenB-4C (Bexsero) to be administered as a three-dose series zero, one to two months, and six months when given to persons aged 10 years or older at increased risk for serogroup B meningococcal disease.</p>
Mumps	Children	<p>Two doses of the MMR shot are recommended for children by doctors as the best way to protect against measles, mumps, and rubella.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: 12–15 months • 2nd Dose: four to six years
Pneumococcal	Children	<p>Four doses of the pneumococcal shot called PCV13 are recommended for children by doctors as the best way to protect against disease.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: two months • 2nd Dose: four months • 3rd Dose: six months • 4th Dose: 12–15 months
Rubella	Children	<p>Two doses of the MMR shot (measles, mumps, and rubella) are recommended for children by doctors as the best way to protect against rubella.</p> <p>One dose at each of the following ages:</p> <ul style="list-style-type: none"> • 1st Dose: 12–15 months • 2nd Dose: four to six years
Rotavirus	Children	<p>Two or more doses of rotavirus are recommended for children by doctors as the best way to protect against rotavirus.</p> <p>Babies should get either of the two available rotavirus vaccines:</p> <ul style="list-style-type: none"> • RotaTeq® (RV5) is given in three doses at ages two months, four months, and six months, or • Rotarix® (RV1) is given in two doses at ages two months and four months <p>Note: Both brands of the rotavirus vaccines are given by mouth (drops), not by shot.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Respiratory Syncytial Virus Infection (RSV)	Children	<p>Infants eight months or younger born during or entering their first RSV season are recommended to receive one dose of Nirsevimab (50mg dose for infants <5kg in weight and 100 mg dose for infants greater than or equal to 5kg).</p> <p>Children aged eight to 19 months who are at an increased risk of severe RSV disease and entering their second RSV season are recommended to receive one dose of Nirsevimab (200mg). The monoclonal antibody can be administered in the hospital after the baby is born or in the outpatient setting.</p>

ACIP Recommendations: Routine Immunizations for Adults

Chickenpox (Varicella)	Adults	If you aren't immune to chickenpox (if you haven't had chickenpox in the past or been vaccinated against), you need to get two doses of the vaccine about one month apart.
Chikungunya Vaccine	Adults	<p>ACIP voted to recommend the live attenuated chikungunya vaccine for persons aged 18 years and older who are traveling to a country or territory where there is a chikungunya outbreak. In addition, the live attenuated chikungunya vaccine may be considered for persons aged 18 years and older taking up residence or traveling (for a duration of six+ months) in a country or territory without an outbreak but with elevated risk.</p> <p>ACIP also voted to recommend the virus-like particle chikungunya vaccine for laboratory workers with potential for exposure to chikungunya virus. Additional information will be posted with the recommendation to provide guidance to laboratories on how to assess a worker's risk.</p>
COVID-19 Vaccine	Adults	See the link for full details: https://www.cdc.gov/covid/vaccines/stay-up-to-date.html
Diphtheria	Adults	<p>All adults who have never received one should get a shot of Tdap. This can be given at any time, regardless of when they last got Td. This should be followed by either a Td or Tdap shot every 10 years.</p> <p>Note: Vaccines used today against diphtheria and tetanus (i.e., DT and Td) sometimes also include protection against whooping cough or pertussis (i.e., DTaP and Tdap). Babies and children younger than seven years old receive DTaP or DT, while older children and adults receive Tdap and Td.</p>
Flu (Influenza)	Adults	Recommended once a year.
Haemophilus Influenzae Type b (Hib)	Adults	One or three doses, depending on indication.

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Hepatitis A	Adults	<p>Recommended for people at increased risk for hepatitis A, people at increased risk for severe disease from hepatitis A, pregnant women at risk for hepatitis A or risk for severe outcome from hepatitis A infection and any person who requests vaccination.</p> <p>There are two types of hepatitis A vaccine. The first type, the single-dose hepatitis A vaccine, is given as two shots, six months apart, and both shots are needed for long-term protection against hepatitis A. The other type is a combination vaccine that protects people against both hepatitis A and hepatitis B. The combination vaccine can be given to anyone 18 years of age and older and is given as three shots over six months. All three shots are needed for long-term protection for both hepatitis A and hepatitis B.</p>
Hepatitis B	Adults	<p>Recommended for adults aged 19 through 59 years and adults aged 60 years and older with risk factors for hepatitis B. Note: Adults who are 60 years or older without known risk factors for hepatitis B may also receive hepatitis B vaccine.</p>
Human Papillomavirus (HPV)	Adults	<p>Teens and young adults who start the series later (see above, Immunizations - Children), at ages 15 through 26 years, need three doses of HPV vaccine.</p> <p>Vaccination is not recommended for everyone older than age 26 years. However, some adults aged 27–45 years and not already vaccinated may decide to get HPV vaccine after speaking with their doctor about their risk.</p>
Measles	Adults	<p>Adults who do not have presumptive evidence of immunity should get at least one dose of MMR vaccine.</p>
Meningococcal	Adults	<p>ACIP recommends GSK’s MenABCWY vaccine may be used when both MenACWY and MenB are indicated at the same visit.</p> <p>ACIP recommends the MenB-4C (Bexsero) be administered as a two-dose series to healthy young persons aged 16-23 years when shared clinical decision-making favors administration of MenB vaccine.</p>
Mpox (Monkeypox)	Adults	<p>ACIP recommends vaccination with two-dose JYNNEOS vaccine series for persons aged 18 years and older who are at risk for mpox. Dose two will be administered 28 days after dose one.</p>
Mumps	Adults	<p>Adults who do not have presumptive evidence of immunity should get at least one dose of MMR vaccine.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Whooping Cough (Pertussis)	Adults	<p>Pregnant women should get Tdap during the early part of the third trimester of every pregnancy.</p> <p>Also, all adults who have never received one should get a shot of Tdap. This can be given at any time, regardless of when they last got Td. This should be followed by either a Td or Tdap shot every 10 years.</p> <p>Note: Vaccines used today against diphtheria and tetanus (i.e., DT and Td) sometimes also include protection against whooping cough or pertussis (i.e., DTaP and Tdap). Babies and children younger than seven years old receive DTaP or DT, while older children and adults receive Tdap and Td.</p>
Pneumococcal	Adults	<p>There are two kinds of pneumococcal vaccines available in the United States:</p> <ul style="list-style-type: none"> • Pneumococcal conjugate vaccines (PCV15, PCV20, and PCV21), and • Pneumococcal polysaccharide vaccine (PPSV23). <p>For those who have never received any pneumococcal conjugate vaccine, the CDC recommends PCV15, PCV20, and PCV21 for adults 50 years or older and adults 19 through 49 years old with certain medical conditions or risk factors. If PCV15 is used, this should be followed by a dose of PPSV23. PPSV23 is recommended for adults aged 65 years or older.</p>
Rubella	Adults	Adults who do not have presumptive evidence of immunity should get at least one dose of MMR vaccine.
Respiratory Syncytial Virus Infection (RSV)	Adults	<p>ACIP recommends adults 50-59 years of age who are at increased risk of severe RSV disease receive a single dose of RSV vaccine.</p> <p>Please note that RSV vaccination is recommended as a single lifetime dose only. Persons who have already received RSV vaccination are not recommended to receive another dose.</p>
Shingles	Adults	<p>The CDC recommends that adults 50 years and older get two doses of the shingles vaccine called Shingrix (recombinant zoster vaccine) to prevent shingles and the complications from the disease. Adults 19 years and older who have weakened immune systems because of disease or therapy should also get two doses of Shingrix, as they have a higher risk of getting shingles and related complications.</p> <p>There is no maximum age for getting Shingrix.</p>

Preventive Care Services (Newborns, Children, Adolescents, and Adults)

Service	Population	Summary
Tetanus	Adults	<p>Pregnant women should get Tdap during the early part of the third trimester of every pregnancy.</p> <p>All adults who have never received one should get a shot of Tdap. This can be given at any time, regardless of when they last got Td. This should be followed by either a Td or Tdap shot every 10 years.</p> <p>Note: Vaccines used today against diphtheria and tetanus (i.e., DT and Td) sometimes also include protection against whooping cough or pertussis (i.e., DTaP and Tdap). Babies and children younger than seven years old receive DTaP or DT, while older children and adults receive Tdap and Td.</p>

IMPORTANT INFORMATION

This document is intended as a reference tool and is not a guarantee of coverage nor payment. Covered services are only available to eligible members, in accordance with the guidelines addressed in the Evidence of Coverage (EOC) or Major Medical Expense Policy (MMEP). Please keep in mind, **this document includes federal requirements only** — national preventive care coverage — state required benefits are not addressed. **However, we do cover additional preventive care benefits when required by state law, see EOC or MMEP for further details.**

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