



**BlueCross
BlueShield®**
Global



Preventive Healthcare in the U.S.

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**ROUTINE CHECKUPS AND SCREENINGS CAN HELP YOU
AVOID SERIOUS HEALTH PROBLEMS**

What is preventive healthcare?

Preventive care allows you to obtain early diagnosis and treatment, to help avoid more serious health problems. Even if you're feeling great, a serious condition with no signs or symptoms could put your health at risk. Through a preventive exam and routine health screenings, your doctor can determine your current health status and detect early warning signs of more serious problems. Preventive care services may include immunizations, physical exams, lab work and x-rays. During preventive care visits, your doctor will determine what tests or health screenings are right for you based on many factors such as age, gender, overall health status, personal health history and current health conditions. Preventive care services may also include additional exams, treatment and guidance for women who may become pregnant and those who are already pregnant.

Preventive healthcare services are based on recommendations from the U.S. Preventive Services Task Force (A and B recommendations), the U.S. Department of Health and Human Services Centers for Disease Control and Prevention, and the Advisory Committee on Immunization Practices (ACIO) for immunizations. The following charts list the services and supplies that are considered preventive care.

BE SURE TO CHECK YOUR CERTIFICATE OF INSURANCE TO UNDERSTAND WHICH BENEFITS ARE ELIGIBLE UNDER YOUR PLAN.

If you have questions or are unsure whether a service is considered preventive care, **customer service is available 24/7/365** via the number on the back of your ID card.



Preventive Care Benefits for Children



SERVICE	RECOMMENDED FOR
Alcohol, tobacco, and drug use assessments	Adolescents
Autism screening	18, 24 months
Behavioral assessments	0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Bilirubin concentration screening	Newborns
Blood pressure screening	0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Blood screening	Newborns
Cervical dysplasia screening	Sexually-active females
Depression screening	Adolescents beginning routinely at age 12
Developmental screening	Under age 3
Dyslipidemia screening	Once between 9 and 11 years and once between 17 and 21 years, and for children at higher risk of lipid disorders ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Fluoride varnish	As soon as teeth are present
Gonorrhea preventive medication for the eyes	Newborns
Hearing screening	Children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years
Height, weight and body mass index (BMI) measurements	0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Hematocrit or hemoglobin screening	All children
Hemoglobinopathies or sickle cell screening	Newborns
Hepatitis B screening	Adolescents at high risk, including adolescents from countries with 2% or more Hepatitis B prevalence, and U.S.-born adolescents not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence: 11 to 17 years
HIV screening	Adolescents at higher risk
Hypothyroidism screening	Newborns
Immunizations	Details on page 4
Iron supplements	Ages 6 to 12 months at risk for anemia
Lead screening	Children at risk of exposure
Medical history throughout development	0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Obesity screening and counseling	All children
Oral health risk assessment	0 to 11 months, 1 to 4 years, 5 to 10 years
Phenylketonuria (PKU) screening	Newborns
Sexually transmitted infection (STI) prevention counseling and screening	Adolescents at higher risk
Tuberculin testing	Children at higher risk of tuberculosis ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
Vision screening	All children

Some public and private schools may require proof of preventive care as part of the student enrollment process such as recent dental assessments and/or vision and hearing screenings. We encourage you to check with your child's school to verify which health services, if any, are required.

Preventive Care Benefits for Adults



SERVICE	RECOMMENDED FOR
Abdominal aortic aneurysm one-time screening	Men of specified ages who have ever smoked
Alcohol misuse screening and counseling	All adults
Blood pressure screening	All adults
Cholesterol screening	Adults of certain ages or at higher risk
Colorectal cancer screening	Adults ages 50 to 75
Depression screening	All adults
Diabetes (Type 2) screening	Adults 40 to 70 years who are overweight or obese
Diet counseling	Adults at higher risk for chronic disease
Falls prevention (with exercise or physical therapy and vitamin D use)	Adults 65 years and over, living in a community setting
Hepatitis B screening	For adults 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	Adults at increased risk, and one time for everyone born 1945 to 1965
HIV screening	Ages 15 to 65, and other ages at increased risk
Lung cancer screening	For adults 55 to 80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years
Obesity screening and counseling	All adults
Sexually transmitted infection (STI) prevention counseling	Adults at higher risk
Syphilis screening	Adults at higher risk
Tobacco use screening	All adults
Tuberculosis screening	Certain adults without symptoms at high risk
Women-specific services and services for expecting mothers	Details on page 5

Immunizations

FOR CHILDREN FROM BIRTH TO AGE 18	FOR ADULTS
Diphtheria, Tetanus, Pertussis (Whooping Cough)	Diphtheria
Haemophilus influenza type b	Hepatitis A
Hepatitis A	Hepatitis B
Hepatitis B	Herpes Zoster
Human Papillomavirus (HPV)	Human Papillomavirus (HPV)
Inactivated Poliovirus	Influenza (flu shot)
Influenza (flu shot)	Measles
Measles	Meningococcal
Meningococcal	Mumps
Pneumococcal	Pertussis
Rotavirus	Pneumococcal
Varicella (Chickenpox)	Rubella
	Tetanus
	Varicella (Chickenpox)



Other Covered Preventive Services



FOR WOMEN

Breast cancer genetic test counseling (BRCA) for women at higher risk
Breast cancer mammography screenings every 1 to 2 years for women over 40
Breast cancer chemoprevention counseling for women at higher risk
Cervical cancer screening <ul style="list-style-type: none"> - Pap test (also called a Pap smear) every 3 years for women 21 to 65 - Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30 to 65 who don't want a Pap smear every 3 years
Chlamydia infection screening for younger women and other women at higher 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 and interpersonal violence screening and counseling for all women
Gonorrhea screening for all women at higher risk
Maternal depression screening for mothers of infants at 1, 2, 4, and 6-month visits
HIV screening and counseling for sexually-active women
Osteoporosis screening for women over age 60 depending on risk factors
Rh incompatibility screening follow-up testing for women at higher risk
Sexually transmitted infections counseling for sexually-active women
Syphilis screening for women at increased risk
Tobacco use screening and interventions
Urinary incontinence screening for women yearly
Well-woman visits to get recommended services for women under 65



SERVICES FOR PREGNANT WOMEN OR WOMEN WHO MAY BECOME PREGNANT

Anemia screening on a routine basis
Breastfeeding comprehensive support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
Contraception: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt "religious employers"
Folic acid supplements for women who may become pregnant
Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
Gonorrhea screening for all women at higher risk
Hepatitis B screening for pregnant women at their first prenatal visit
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 screening
Expanded tobacco intervention and counseling for pregnant tobacco users
Urinary tract or other infection screening

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