

To help you achieve your best health, PreferredOne offers preventive services at no cost to you.

The preventive health care services on this Schedule are routinely provided at your annual, or other periodic preventive, physical or wellness exam.

Under the Affordable Care Act, you are entitled to receive certain USPSTF Recommended preventive health care services at no cost to you, which means the costs are not subject to your deductible and you are not responsible for any copays or coinsurance. This Schedule provides an overview of the list of preventive health care services that must be provided to you at no cost when you receive them from one of PreferredOne's participating providers. This list changes throughout the year as preventive health care services may get added to the list, while others already on the list may be removed. The effective date of a preventive service newly added to this Schedule corresponds to the effective date of your current health plan.

Therefore, for the most up-to-date information about your specific benefits, contact Customer Service at the number listed on the back of your PreferredOne Member ID card. For information about preventive prescription drug benefits, call the pharmacy number listed on the back of your PreferredOne Member ID card.

Services are covered once per year unless otherwise noted.

Children's Health (Newborn through age 18)

WELL-CHILD VISITS	
AGE	RECOMMENDATION
Newborn	One visit 3-5 days after birth, within 48-72 hours after discharge
0-2 years	One visit at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months old
3-6 years	One visit at 30 months and one visit every year for ages 3-6
7-10 years	One visit every 1-2 years
11-18 years	One visit every year
IMMUNIZATIONS	
VACCINE	RECOMMENDATION
Age-appropriate immunizations Newborn through 6 years	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for children ages Newborn through 6 years https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf
Age-appropriate immunizations 7-18 years	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for children and adolescents ages 7-18 years https://www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf
Flu (influenza)	Routine annual influenza vaccination is recommended for all persons aged 6 months who do not have contraindications https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/flu.html
DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Alcohol and drug use	Assessment for adolescents during well-child visits
Anemia	Screening for all children around 12 months, other ages if indicated
Autism	Screening for children during well-child visits
Behavioral/social/emotional assessment	Screening for children during well-child visits
Blood pressure	Screening for children during well-child visits
Cavity prevention	Fluoride application starting at age of primary tooth eruption, up to 5 years old
Depression/suicide	Screening and assessment during well-child visits at 12-18 years old
Developmental	Screening for children during well-child visits
Dyslipidemia	Screening for children at high-risk ages: 24 mos, 4 years, 6 years, 8 years, 12 years, 13 years, 14 years, 15 years, 16 years

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Children's Health (Newborn through age 18) continued

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Hearing loss	Screening for all newborns. Annual screening for children age 4 years and older
Height, weight and body mass %	Screening for children during well-child visits
Hemoglobinopathies	Screening for sickle cell disease and thalassemias in newborns
Hepatitis B screening	Annual screening for any child
Hepatitis C screening	One-time screening for adolescents and adults aged 18 - 79 years and those younger than 18 years and older than 79 years who are at high risk for infection
HIV screening	Annual screening for adolescents ages 15 to 18 years. Screening for younger adolescents at increased risk
Hypothyroidism	Screening for newborns
Intimate partner/domestic violence screening and counseling	Screening for adolescent females and intervention for those who screen positive
Lead	Annual screening for children at risk of exposure ages 6 months through age 6 years
Medical history	Reviewed during well-child visits
Obesity screening and counseling	Screening for children age 6 years and older during well-child visits. Behavioral interventions for those at increased risk
Oral health	Risk assessment for children ages 0-11 months, 1-4 years, 5-10 years during well-child visits
Phenylketonuria screening	Screening for newborns
Sexually transmitted infection screening and counseling	Prevention counseling and screening for adolescents at increased risk
Skin cancer behavioral counseling	Counseling for young adults, adolescents, children, and parents of young children aged 6 months to 24 years with fair skin
Sudden cardiac arrest screening	Risk assessment for ages 11-21 years and screening for children at increased risk
Tobacco use screening and counseling	Screening and counseling during well-child visits for school-aged children and adolescents
Tuberculosis screening	Screening for children at higher risk
Vision	Screening for all children at least once between the ages of 3 and 5 years to detect the presence of amblyopia or its risk factors
Visual acuity screening	Annual screening for children under age 18 years
DRUGS	
PRESCRIPTION	RECOMMENDATION
Gonorrhea preventive	Ocular topical medication for all newborns
Oral fluoride supplementation	Children 6 months - 16 years old whose water supply is deficient in fluoride

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Adult Health (Care for all adults)

PHYSICAL EXAMS	
AGE	RECOMMENDATION
19-21 years	Once every 2-3 years; annually if desired
22-64 years	Once every 1-3 years
65 and older	Once every year
IMMUNIZATIONS	
VACCINE	RECOMMENDATION
Age-appropriate immunizations	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for adults. https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf
Flu (influenza)	One dose every year
Zoster (shingles)	Two doses total of Shingrix (RZV), 2 to 6 months apart for those 50 and older
DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Abdominal aortic aneurysm screening	One time screening for men ages 65 - 75 with a history of smoking
Alcohol misuse screening and counseling	Screening for all adults age 18 years and older. Behavioral counseling for those engaged in risky behavior
Cholesterol screening	Annual screening for adults ages 40-75
Colorectal cancer screening	For those ages 45 - 75, one of the following screenings: <ul style="list-style-type: none"> • Colonoscopy every 10 years • CT colonography every 5 years • Flexible sigmoidoscopy every 5 years • FIT annually • FIT-DNA every 3 years • gFOBT annually
Contraception counseling and contraceptive methods	FDA-approved contraceptive methods, female sterilization procedures, education and counseling
Depression screening	Annual screening for adults
Diabetes/prediabetes screening	Annual screening for adults ages 35 to70 at higher risk due to weight
Diet and physical activity counseling	Behavioral counseling for adults with increased risk of CVD
Drug use screening	Annual screening questions for adults
Falls prevention: exercise or physical therapy	Exercise or physical therapy to prevent falls in community-dwelling adults age 65 and older at increased risk for falls
Hepatitis B screening	Periodic screening for adults at high risk
Hepatitis C screening	One-time screening for adolescents and adults aged 18 to 79 years and those younger than 18 years and older than 79 years who are at high risk for infection
High blood pressure screening	During physical exam
HIV screening	Annual screening for adults up to age 65. Screen older adults if at high risk

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Adult Health (Care for all adults) continued

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Lung cancer screening	Annual screening with low-dose computed tomography for adults ages 50 to 80 who have a 20-pack/year smoking history and currently smoke or quit within the past 15 years
Obesity screening and counseling	Screening for all adults during wellness visits, behavioral interventions for those with a body mass index of 30kg/m ² or higher
Sexually transmitted infection counseling	Behavioral counseling for all sexually active adults who are at increased risk for sexually transmitted infections
Skin cancer behavioral counseling	Counseling for young adults, adolescents, children, and parents of young children aged 6 months to 24 years with fair skin
Syphilis screening	Annual screening for adults at increased risk
Tobacco screening and counseling	Screening of all adults during wellness visits. Advise to stop and behavioral interventions for adults who use tobacco
Tuberculosis screening	Annual screening for adults at increased risk
DRUGS (prescription required)	
PRESCRIPTION	RECOMMENDATION
HIV infection prevention medication	Persons at high risk of HIV
Statin preventive medications	Adults ages 40 to 75 with CVD risk factors with an increased risk of having a cardiovascular event
Tobacco cessation products	US FDA approved pharmacotherapy for cessation

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Women’s Health (See the “Adult Health” section for recommended care for all adults)

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
BRCA risk assessment and counseling	Risk assessments for women with a personal or family history of breast, ovarian, tubal or peritoneal cancer or who have a relative with a BRCA 1/2 gene mutation. Women who test positive should receive genetic counseling and, if indicated after counseling, BRCA testing (1 time)
Breast cancer screening	Every 1-2 years for women 40 years and over
Chlamydia screening	Annual screening for sexually active women age 24 years and younger and in older women at increased risk
Gonorrhea screening	Annual screening for sexually active women 24 and under and in older women at increased risk
Intimate partner/ domestic violence screening and counseling	Screening for women of reproductive age and intervention for those who screen positive
Obesity prevention	Counseling during annual well visit
Osteoporosis screening	One-time screening for women age 65 and older and younger women who are at high risk
Pap and HPV test (cervical cancer screening)	Age 21-65 cytology (pap) every 3 years, or for those age 30-65 who wish to lengthen screening interval, pap and HPV every 5 years
Urinary incontinence screening	Screening questions during annual well visit (does not include labs)
DRUGS (prescription required)	
PRESCRIPTION	RECOMMENDATION
Breast cancer risk reducing medication	Approved risk reducing medications for women age 35 years and older at increased risk for breast cancer and low risk for adverse medication effects
Folic acid to prevent neural tube defects	Women who are planning or capable of pregnancy take a daily supplement
CONTRACEPTIVES (prescription required)	
TYPE	METHOD
Contraceptives	Approved contraceptive methods (implantable—insertion and removal—and injectable); generic when available
Permanent	Sterilization

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Pregnant Women's Health

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Anemia screening	Screening for pregnant women
Bacteriuria screening	Screening for pregnant women at 12 to 16 weeks gestation or during first prenatal visit if later
Breastfeeding support, supplies and counseling	Interventions during pregnancy and after birth to support breastfeeding
Chlamydia screening	Annual screening for pregnant persons age 24 years and younger and in older women at increased risk
Diabetes screening after pregnancy	Screening for women with a history of gestational diabetes during the one-year postpartum period, additional screening as appropriate
Gestational diabetes screening	Screening for pregnant women after 24 weeks of gestation
Gonorrhea screening	Annual screening for pregnant persons age 24 years and younger and in older women at increased risk
Healthy weight gain counseling	Behavioral counseling for all pregnant women
Hepatitis B screening	Screening during the first prenatal visit
HIV screening	Screening for all pregnant women
Preeclampsia screening	Screening in pregnant women with blood pressure measurements throughout
Perinatal depression screening and counseling	Screening for pregnant and postpartum women, counseling for those at increased risk
Rh incompatibility screening: first pregnancy visit	Rh(D) blood typing and antibody testing for all pregnant women during their first pregnancy related visit
Rh incompatibility screening: 24/28 weeks' gestation	Repeated Rh(D) antibody testing for all unsensitized Rh(D)-negative women at 24-28 weeks' gestation, unless biological father is known to be Rh(D)-negative
Syphilis screening	Screening for all pregnant women
Tobacco screening and counseling	Screening for pregnant persons and behavioral interventions for cessation
Drugs (prescription required)	
PRESCRIPTION	RECOMMENDATION
Low-dose aspirin to prevent preeclampsia	After 12 weeks of gestation for pregnant women who are at risk for preeclampsia

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