

Covered Preventive Services and Prescriptions for Members Age 40+

GENERAL PREVENTIVE SERVICES

One annual wellness exam per plan year is available to all members regardless of age: (July 1 to June 30)

Age 40+

- Screen for type 2 diabetes in asymptomatic adults with sustained blood pressure greater than 135/80
- One cholesterol test per plan year
- STI testing: **Men:** Syphilis & HIV | **Women:** Chlamydia, Gonorrhea, Syphilis, & HIV

Age 45+

- One fecal occult blood test per plan year
- One colonoscopy every ten years or flexible sigmoidoscopy every five years[^]
- One colonoscopy every three plan years beginning for members requiring more frequent follow up due to personal history / previous findings on a colonoscopy[^]
[^]Includes anesthesia and pathology

PREVENTIVE SERVICES FOR WOMEN ONLY

Age 40+

- One mammogram screening per plan year
- High risk HPV DNA testing every three plan years with normal cytology results
- One cervical cancer pap smear screening per plan year
- One breast exam by physician per plan year
- Folic acid supplements for women through age 50

After 50+

- One osteoporosis screening per lifetime for women age 50 or older

PREVENTIVE SERVICES FOR MEN ONLY

For men aged 50 and older, an annual diagnostic exam is available, including a digital rectal examination and PSA test for asymptomatic men. (*Asymptomatic means showing no symptoms*)

PREVENTIVE MEDICATIONS, IMMUNIZATIONS, AND VACCINATIONS

Any Age

- Contraception for women (generic and limited brands)

Age 40+

- Annual influenza vaccine
- Select smoking cessation Rx products covered by the health plan

Age 50+

- Two doses of Shingrix (shingles)

Age 60+

- Single dose of Zoster (shingle)

Varying Ages

- Pneumovax allowed with documented risk factors for ages 19-65, all adults 65 and older
- Two doses of Varicella Vaccine for adults ages 19-65
- Men aged 45 to 79 and Women age 55 to 79 where benefits outweigh potential risks - Aspirin to prevent cardiovascular events
- Men and women between ages 50 and 75 - Bowel preparations for preventive colonoscopy. Limit two preparations per year under preventive benefit

*Eligible preventive care is covered at 100% when a member meets age and frequency requirements. Additional tests and screenings may be ordered by your healthcare provider that will not be covered at 100%.