

Why is preventive care so important?

Preventive care allows you to detect potential health concerns early before a more serious health issue shows up. It's much easier— and far less expensive — to address health problems now rather than to try to cure them once they occur.

These benefits keep you healthy and well all year long

Providence Health Plan makes it easy for you and your dependents to get the preventive care you need, with most services covered in full by in-network providers. The best approach to staying healthy for life is to prevent illness from ever beginning. Your provider can advise you on what types of preventive care are best for you. The list below can help you get the conversation started.

Available preventive services for you and your family

Preventive care for adults:

- Abdominal aortic aneurysm screening for men ages 65 to 75 (one screening per lifetime)
- Anxiety screening
- Anemia (iron deficiency) screening
- Bacteriuria urinary tract or other infection (UTI) screening
- Blood pressure screening
- Breast cancer screening (mammography)
- BRCA genetic testing and counseling for breast and ovarian cancer, for persons who meet criteria based on their personal and/or family history
- Bone density (osteoporosis) screening
- Bowel prep formulary generic medications for adults age 45 and older (prescription only)
- For those at high risk for Cardiovascular Disease (CVD), obesity and overweight screening and behavioral interventions
- Cervical cancer screening
- Chlamydia infection screening
- Cholesterol screening (one per calendar year)
- Colorectal cancer screening (colonoscopy, sigmoidoscopy, and fecal occult blood test) for adults age 45 and older; please note that some types of anesthesia for preventive colonoscopies are covered in full as part of the colonoscopy screening
- Comprehensive metabolic panel
- Contraceptive methods as required by law (Food and Drug Administration-approved), including sterilization procedures, over-the-counter birth control pill, patient education and counseling (abortifacient agents not covered)
- Depression and Suicide Risk screening
- Diabetes Type 2 screening (one per calendar year) and intensive behavioral counseling
- Domestic and interpersonal violence screening and counseling, at least annually
- Fall prevention for adults age 65 and older
- Gestational diabetes screening
- Gonorrhea screening
- Hepatitis B virus screening
- Hepatitis C virus screening
- Human Immunodeficiency Virus (HIV) screening and counseling
- Human Papillomavirus (HPV) screening
- For those at high risk, HIV Pre-exposure Prophylaxis services and medications including: testing for HIV, hepatitis B and C, creatinine and kidney function, and pregnancy; STI screening and counseling; injectable medications; adherence counseling
- Immunizations in accordance with Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (see page 4 for a complete listing)

Preventive care for adults (continued):

- Lung cancer screening for adults ages 50 to 80 at high risk (one per calendar year)
- Nutritional counseling
- Obesity and overweight screening and behavioral interventions
- Periodic health exams
- Pregnancy test
- Rh (D) incompatibility screening
- Sexually Transmitted Infection (STI) prevention counseling
- Skin cancer prevention behavioral counseling
- Statin therapy of a low-to-moderate dosage for adults without a history of CVD when all of the following apply:
 - 1) ages 40 to 75;
 - 2) have one or more CVD risk factor; and
 - 3) have a calculated 10-year risk of CVD event of 10% or greater
- Syphilis screening
- Tobacco use screening and cessation interventions (including behavioral counseling and pharmacotherapy)
- Tuberculosis screening for infection in at-risk adults, including those without symptoms of tuberculosis
- Unhealthy alcohol use screening and counseling
- Unhealthy drug use screening and counseling

Additional preventive care for women:

- Breast cancer risk reducing medications for women at high risk (prescription only)
- Domestic and interpersonal violence screening and counseling
- Folic acid supplements (0.4 to 0.8mg) for persons of child-bearing age (prescription only)
- Gynecological exam, pelvic and breast exam (one per calendar year)
- Preconception care (fertility and infertility care is not covered)
- Urinary Incontinence screening
- Well-woman preventive care visit, at least annually, beginning in adolescence and extending through lifespan

Additional preventive care for pregnant and/or nursing persons:

- Breastfeeding counseling and support for women who are pregnant or have recently given birth
- Breastfeeding equipment and supplies (Hospital-grade breast pump rental for the duration of breastfeeding, or purchase of a commercial grade pump through a participating Durable Medical Equipment (DME) supplier)
- Folic acid supplements (0.4 to 0.8mg) for persons of child-bearing age (prescription only); supplements containing DHA are not included and will incur a cost to you
- Low-dose aspirin for women at high risk for preeclampsia (prescription only)
- Prenatal visits and many services necessary for prenatal care

Preventive care for newborns, children and adolescents:

- Anemia (iron deficiency) screening
- Autism screening for children at 18 and 24 months old
- Bacteriuria urinary tract or other infection (UTI) screening
- Behavioral assessments including Anxiety screening
- Blood pressure screening
- Bone density (osteoporosis) screening
- Breast cancer screening (mammography)
- Cervical cancer screening
- Cholesterol screening for children at higher risk of lipid disorders
- Comprehensive metabolic panel
- Congenital Hypothyroidism screening for newborns
- Contraceptive methods as required by law (Food and Drug Administration-approved), including sterilization procedures, patient education and counseling (abortifacient agents not covered)
- Dental health assessment
- Depression and Suicide Risk screening
- Developmental screening for children and ongoing surveillance
- Domestic and interpersonal violence screening and counseling, at least annually
- Fluoride supplements for children 0 to 16 years of age (prescription only)
- Fluoride varnish for children 0 to 5 years of age
- Gestational diabetes screening
- Gonorrhea preventive medication for newborn's eyes
- Hearing screening for newborns
- Height, weight and body mass index measurements
- Hematocrit or Hemoglobin screening
- Hepatitis B virus screening for non-pregnant adolescents at high risk
- Human Immunodeficiency Virus (HIV) screening, prevention education and risk assessment at least annually throughout the lifespan
- Human Papillomavirus (HPV) screening
- For those at high risk, HIV Pre-exposure prophylaxis services and medications including: testing for HIV, hepatitis B and C, creatinine and kidney function, and pregnancy; STI screening and counseling; injectable medications; adherence counseling
- Immunizations in accordance with Advisory Committee on Immunization Practices of the CDC and Prevention (see page 4 for a complete listing)
- Iron supplements for children ages 6 to 12 months at risk for anemia (prescription only)
- Lead screening for children up to 7 years old
- Obesity and overweight screening and behavioral interventions for children ages 6 to 17
- Phenylketonuria (PKU) screening
- Pregnancy test
- Rh (D) incompatibility screening
- Sexually Transmitted Infection (STI) prevention counseling and screening
- Sickle cell (Hemoglobinopathies) screening for newborns
- Skin cancer prevention behavioral counseling
- Syphilis screening
- Tobacco use screening and cessation interventions
- Tuberculin (TB) testing for children at high risk
- Unhealthy alcohol use screening and counseling
- Vision screening
- Well baby/child exams
- Well-woman preventive care visit, at least annually, beginning in adolescence through lifespan

Routine immunizations and shots**

Visit the Centers for Disease Control and Prevention website at [CDC.gov](https://www.cdc.gov)

Adults	Children
Hepatitis A	Haemophilus influenzae type B
Hepatitis B	Hepatitis A
Human papillomavirus	Hepatitis B
Influenza	Human papillomavirus
Measles, Mumps, Rubella	Inactivated Poliovirus
Meningococcal	Influenza
Pneumococcal	Measles, Mumps, Rubella
Tetanus, Diphtheria, Pertussis	Meningococcal
Varicella	Pneumococcal
Shingles	Rotavirus
RSV	Tetanus, Diphtheria, Pertussis
COVID-19	Varicella
	RSV
	COVID-19

**Immunizations may be administered at participating pharmacies for eligible age groups.

Ready to start preventive care?

Register for and log in to your [myProvidence](#) account to:

- ✓ Schedule an appointment with your provider
- ✓ Review your medical plan benefit summaries and handbooks
- ✓ Have more questions about where to start? Call Providence Health Plan customer service at: **503-574-7500** or **800-878-4445 (TTY: 711)**