

## 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)
- + Blood pressure screening
- + Bowel prep formulary generic medications for adults age 45 and older (prescription only)
- + Cardio Vascular Disease (CVD), for those at high risk: obesity and overweight screening and behavioral interventions
- + 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
- + Contraceptive methods as required by law (Food and Drug Administration-approved), including sterilization procedures, patient education and counseling (abortifacient agents not covered)
- + Depression 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
- + Hepatitis B virus screening for adults at high risk
- + Hepatitis C virus screening for adults born between 1945 and 1965
- + Human Immunodeficiency Virus (HIV) screening and 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)
- + Low-dose aspirin prescribed to prevent cardiovascular disease and colorectal cancer for adults ages 50-59
- + 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
- + Pre-exposure prophylaxis (PrEP) oral medication for prevention of HIV in persons not infected with HIV and at high risk for HIV infection, including adults and adolescents
- + Sexually Transmitted Infection (STI) prevention counseling
- + Skin cancer behavioral counseling
- + Statin therapy of a low-to-moderate-dosage for adults without a history of cardiovascular disease (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



### Preventive care for adults (cont.):

- + 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
- + Vitamin D supplement for adults age 65 and older and at an increased risk for falls (prescription only)

### Additional preventive care for women:

- + Bone Density (Osteoporosis) screening for women age 60 and older
- + Breast cancer / BRCA genetic testing and counseling for breast and ovarian cancer, for women who meet criteria based on their personal and/or family history
- + Breast cancer (Mammography) screening for women age 40 and over (every 1 to 2 years)
- + Breast cancer risk reducing medications for women at high risk (prescription only)
- + Cervical cancer screening
- + Chlamydia infection screening
- + Contraceptive methods as required by law (Food and Drug Administration-approved), including sterilization procedures, patient education, and counseling (abortifacient agents not covered)
- + Domestic and interpersonal violence screening and counseling
- + Folic acid supplements (0.4 to 0.8mg) for women of child-bearing age (prescription only); supplements containing DHA are not included and will incur a cost to you
- + Gonorrhea screening
- + Gynecological exam, pelvic and breast exam (one per calendar year)
- + Human Papillomavirus (HPV) DNA testing for age 30 and older
- + Preconception care (fertility and infertility care is not covered)
- + Thyroid screening (one per calendar year)
- + Sexually Transmitted Infection (STI) prevention counseling
- + Well-woman preventive care visit, at least annually, beginning in adolescence through lifespan

### Additional preventive care for pregnant and/or nursing women:

- + Bacteriuria urinary tract or other infection (UTI) screening
- + 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)
- + Chlamydia infection screening
- + Folic acid supplements (0.4 to 0.8mg) for women of child-bearing age (prescription only); supplements containing DHA are not included and will incur a cost to you
- + Gestational diabetes screening (one screening per pregnancy)
- + Hepatitis B virus screening
- + Human Immunodeficiency Virus (HIV) screening and counseling for all pregnant women retesting/rescreening during pregnancy based on risk factors
- + Low-dose aspirin for women at high risk for preeclampsia (prescription only)
- + Prenatal visits and many services necessary for prenatal care
- + Rh (D) incompatibility screening



### Preventive care for newborns, children and adolescents:

- + Anemia (iron deficiency) screening
- + Autism screening for children at 18 and 24 months old
- + Behavioral assessments
- + Blood pressure screening
- + Cholesterol screening for children at higher risk of lipid disorders
- + 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 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
- + 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) prevention education and risk assessment at least annually throughout the lifespan
- + Immunizations in accordance with Advisory Committee on Immunization Practices of the Centers for Disease Control 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
- + Pre-exposure prophylaxis (PrEP) oral medication for prevention of HIV in persons not infected with HIV and at high risk for HIV infection, including adults and adolescents
- + Sexually Transmitted Infection (STI) prevention counseling and screening
- + Sickle cell (Hemoglobinopathies) screening for newborns
- + Skin cancer behavioral counseling
- + 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
	Tetanus, Diphtheria, Pertussis
	Varicella

\*\*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)**

