

2015 Preventative & Wellness Benefit Services

Reid's medical plan covers some Preventative & Wellness services at 100% with zero cost-sharing (co-pay, co-insurance, deductible) as required under the Affordable Care Act. If available, these services **must** be provided at Reid to be covered. If the service is not available at Reid, it must be provided by an in-network provider. The zero cost-sharing (100% coverage) will never apply to services performed by an out-of-network provider. If not available at Reid, some services provided in-network may be covered 100%. If the participant resides more than 50 miles from Reid, services provided by an in-network provider will be covered at 70%.

Wellness and Preventative Services for Adults (age 18 and older)

- **Abdominal Aortic Aneurysm** – one time screening for men age 65-75 who have ever smoked.
- **Alcohol Misuse** – screening and counseling, all ages.
- **Aspirin** – prescribed aspirin use for men (ages 45-79) and women (ages 55-79).
- **Blood Pressure** – screening for all adults.
- **Cardiac Scoring** – screening for those 55 years and older who have high blood pressure, cholesterol, and are considered obese with history of smoking. This is covered once every 5 years.
- **Cholesterol** – screening for men (age 35 and older, or under age 35 with risk factors for heart disease) and women (with risk factors for heart disease).
- **Colorectal Cancer** – screening for adults over age 50, unless recommended by physician due to family history of colorectal cancer
- **Depression** – screening for all adults.
- **Diabetes (Type 2)** – screening for adults with high blood pressure.
- **Diabetic Self-Management Training**
- **Diet** – counseling for adults with hyperlipidemia or risk factors for diet-related chronic disease. Intensive counseling must be delivered by primary care physician or referral to certified dietician.
- **EKG** – a baseline EKG at age 40 and up.
- **HIV** – screening for all adults at increased risk.
- **Immunizations¹** – vaccines for adults – reference CDC vaccination schedules for recommended doses, ages, and populations:
 - Hepatitis A
 - Hepatitis B
 - Herpes Zoster (Shingles Vaccine) – for age 60 and older
 - Human Papillomavirus (HPV) – for ages 9-26
 - Influenza (Flu Shot – when done at Reid or RPA provider only)
 - Measles, Mumps, Rubella
 - Meningococcal
 - Pneumococcal
 - Tetanus, Diphtheria, Pertussis
 - Varicella
- **Lab Well-Packages** – this benefit is allowed once per calendar year.
- **Lung Scan** – screening for ages 55 to 80 years with 30 pack-year smoking history and currently a smoker or has quit within the last 15 years.
- **Nourish You Program** – The cost of the Nourish You Program is reimbursable as long as the participant completes 14 of the 16 sessions. A copy of the certificate needs to be provided to Allegiance in order for the claim to be processed. This benefit is allowed once per calendar year. The participant will pay the hospital, and then after completion, submit to Allegiance for reimbursement.
- **Obesity** – screening and counseling for all adults
- **Physical Examination** – one non-employment physical examination and related tests per calendar year.

- **Prostate** – PSA yearly for men age 50 and 69.
- **Sexually Transmitted Infections (STI)** – prevention counseling for adults at increased risk.
- **Tobacco Use** – screening for all adults and prescribed smoking cessation interventions for tobacco users. This includes Reid’s “Learning to Live Tobacco Free” program. This benefit is allowed once per calendar year. The participant will pay the hospital, and then after completion, submit to Allegiance for reimbursement.
- **Syphilis** – screening for all adults at increased risk.
- **Vascular Screening** – for individuals age 55 and older with cardiovascular risk factors. This is covered once every 5 years.

Covered Preventative Services for Women, including Pregnant Women

- **Anemia** – screening on a routine basis for pregnant women.
- **Bacteriuria** – urinary tract or other infection screening for pregnant women.
- **BRCA (Breast Cancer)** – counseling about BRCA genetic testing for women at increased risk/family history of BRCA mutations.
- **BRCA Testing** – for those deemed in an at risk group based on national guidelines.
- **Breast Cancer Mammography** – screening mammography every year for women over 40. One initial mammogram for women between ages 35-39.
- **Breast Cancer Chemoprevention** – counseling for women at increased risk.
- **Breast Feeding** – comprehensive support and counseling from trained providers, as well as, access to breast feeding supplies, for pregnant and nursing women. Breast feeding supplies must be purchased through Reid HME.
- **Chlamydia Infection** – screening for sexually active women.
- **Contraception** – FDA-approved contraceptive methods, sterilization procedures, and patient education and counseling, not to include abortifacient drugs.
- **Domestic and Interpersonal Violence*** – screening and counseling for all women.
- **Folic Acid** – supplements for women who may become pregnant.
- **Gestational Diabetes** – screening for women 24-28 weeks pregnant, and those at high risk of developing gestational diabetes.
- **Gonorrhea** – screening for all women at increased risk.
- **Hepatitis B** – screening for all pregnant women at their first prenatal visit.
- **Human Immunodeficiency Virus (HIV)** – screening and counseling for sexually active women.
- **Human Papillomavirus (HPV) DNA Test** – high risk HPV DNA testing every three years for women with normal cytology results who are age 30 or older.
- **Osteoporosis** – screening, including DEXA scan, for women (age 50 and older).
- **Pap Smear** – one pap smear per calendar year, which screens for cervical cancer.
- **Physical Examination** – one Gynecological physical examination and related tests per calendar year.
- **Rh Incompatibility** – screening for all pregnant women and follow-up testing for women at increased risk.
- **Tobacco Use** – screening and prescribed smoking cessation interventions for all women who use tobacco. Expanded counseling for pregnant tobacco users. This includes Reid’s “Learning to Live Tobacco Free” program. This benefit is allowed once per calendar year. The participant will pay the hospital, and then after completion, submit to Allegiance for reimbursement.
- **Sexually Transmitted Infections (STI)** – counseling for sexually active women.
- **Syphilis** – screening for all pregnant women or other women at increased risk.
- **Well-woman Visits** – to obtain recommended preventative services.

Covered Preventative Services for Children (under age 21)

- **Alcohol and Drug Use** – assessments for adolescents (age 11+).
- **Autism** – screening for children at age 18-24 months.
- **Behavioral** – assessments for children ages 0-17 years.
- **Blood Pressure** – screening for children ages 0-17 years.
- **Cervical Dysplasia** – screening for sexually active females.
- **Congenital Hypothyroidism** – screening for all newborns.
- **Depression** – screening for adolescents (age 11+).
- **Developmental** – screening for children under age 3, and surveillance throughout childhood.
- **Dyslipidemia** – screening for children at increased risk of lipid disorders.
- **Fluoride Chemoprevention** – prescribed supplements for children over 6 months old whose primary water source is deficient in fluoride.
- **Gonorrhea** – preventive medication for the eyes of all newborns.
- **Hearing** – screening for all newborns and children.
- **Height, Weight and Body Mass Index** – measurements for all children.
- **Hematocrit or Hemoglobin** – screening for all children.
- **Hemoglobinopathies or Sickle Cell** – screening for all newborns.
- **HIV** – screening for adolescents (age 11+) at increased risk.
- **Immunizations**¹ – vaccines for children from birth to age 18 - reference CDC vaccination schedules for recommended doses, ages, and populations:
 - Diphtheria, Tetanus, Pertussis
 - Haemophilus influenzae type b
 - Hepatitis A
 - Hepatitis B
 - Human Papillomavirus (HPV) – for ages 9-26
 - Inactivated Poliovirus
 - Influenza (Flu Shot – when done at Reid or RPA provider only)
 - Measles, Mumps, Rubella
 - Meningococcal
 - Pneumococcal
 - Rotavirus
 - Varicella (chicken pox vaccine)
- **Iron** – prescribed supplements for children ages 6 to 12 months at risk for anemia.
- **Lead** – screening for children at risk of lead exposure.
- **Medical History** – for all children throughout development.
- **Obesity** – screening and counseling for children.
- **Oral Health** – risk assessment for young children (age 10 years or younger).
- **Phenylketonuria (PKU)** – screening for this genetic disorder in newborns.
- **Sexually Transmitted Infections (STI)** – prevention counseling for adolescents at increased risk.
- **Tuberculin** – testing for children at increased risk of tuberculosis.
- **Vision** – screening for all children.
- **Well-child examination** – based on recommended frequency by age.

For more detailed information on HCR Preventative services, visit:

<http://www.healthcare.gov/center/regulations/prevention/taskforce.html>

¹Immunizations may be provided by primary care provider in office setting.

This list contains the most recent HCR Preventative Services information as of 12/2/2014, and is subject to change based on further guidance regarding Health Care Reform requirements or recommendations. Age and frequency requirements may change based on governmental guidelines. This list has been compiled using the most recent guidelines from the U.S. Preventative Services Task Force A&B Recommendations, Bright Futures Recommendations by the American Academy of Pediatrics, and CDC Recommended Immunizations Schedules for Adults and Children. The list of additional Preventative and Wellness services has been compiled using guidelines from the American Medical Association, American Academy of Pediatrics, Advisory Committee on Immunization Practices, and the American Academy of Family Physicians. This list is subject to change.

Note: services on the list that are not billed as preventative will be adjudicated as non-preventative services and the applicable deductible and/or coinsurance will apply.