

- Tuberculin testing. For children at higher risk of tuberculosis.
- Vision.

Medications and supplements:

- Fluoride. Prescription chemoprevention supplements for children without fluoride in their water source.
- Preventive medication for the eyes of all newborns.
- Iron. Supplements for children ages 6 to 12 months at risk for anemia.

Counseling for:

- Obesity.
- Sexually transmitted infection (STI).
For adolescents at higher risk.

Immunizations

From birth to age 18. Doses and recommended ages and populations vary for:

- Diphtheria, pertussis, tetanus (DPT).
- Haemophilus influenza type b.
- Hepatitis A.
- Hepatitis B.
- Herpes zoster.
- Human papillomavirus (HPV).
- Inactivated poliovirus.
- Influenza (flu).
- Measles, mumps and rubella (MMR).
- Meningococcal (meningitis).
- Pneumococcal (pneumonia).
- Rotavirus.
- Varicella (chicken pox).



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The recommendations are subject to limitations/exclusions and administrative guidelines.

This information is based on HMSA's review of the national health care reform legislation. This overview is intended for educational purposes and should not be used as tax, legal or compliance advice. Interpretations of the legislation vary and some reform regulations differ for particular members enrolled in certain groups. HMSA will continue to present and update information related to national health care reform as additional guidance becomes available.

Health Care Reform

Coverage for Preventive Health Services



Coverage for Preventive Health Services

No out-of-pocket costs for checkups, screenings and vaccines.

HMSA is working closely with the federal government to comply with health care reform provisions to help keep you healthy. The Affordable Care Act of 2010 requires your plan to cover the preventive services listed here 100 percent without a copayment, coinsurance, or having to meet a deductible first if:

- You receive these services from an HMSA participating provider.
- The primary purpose of your visit is to receive listed preventive care services. If the primary purpose of your visit is for an illness or injury or reason other than receiving preventive care services, you will be responsible for paying for services you receive.
- At any visit, you are responsible for paying for services you receive that are not listed here.
- Your health plan is non-grandfathered. Please check with your employer.

These services are based on national guidelines and covered as part of routine physical exams, including regular checkups, gynecological visits, and well-child exams. Let your provider know that HMSA covers these preventive services 100 percent when they are properly administered and billed. Talk to your doctor about which services are right for your age, gender and health status.

Coverage for preventive health services may change. For a complete updated list, visit www.healthcare.gov and click on "Learn About Prevention."

Covered Preventive Services for Adults

Screenings for:

- Abdominal aortic aneurysm. One-time screening for men of specified ages who smoke or have smoked.
- Alcohol misuse.
- Blood pressure.
- Cholesterol. For certain ages and risk factors.

- Colorectal cancer. For adults over age 50.
- Depression.
- Diabetes (Type 2). For adults with high blood pressure.
- HIV. For adults at higher risk.
- Obesity.
- Tobacco use.
- Syphilis for high risk adults.

Counseling for:

- Alcohol misuse.
- Diet. For adults at higher risk for cardiovascular and diet-related chronic diseases.
- Obesity.
- Sexually transmitted infection (STI). For adults at higher risk.
- Tobacco use. Cessation interventions.

Immunizations

Doses and recommended ages and populations vary for:

- Diphtheria, pertussis, tetanus (DPT).
- Hepatitis A.
- Hepatitis B.
- Herpes zoster.
- Human papillomavirus (HPV).
- Influenza (flu).
- Measles, mumps and rubella (MMR).
- Meningococcal (meningitis).
- Pneumococcal (pneumonia).
- Varicella (chicken pox).

Additional Covered Preventive Services for Women

Screenings for:

- Breast cancer. Mammograms every one to two years for women over age 40.
- Cervical cancer. For sexually active women.
- Chlamydia infection. For younger women and other women at higher risk.
- Gonorrhea. For all women at higher risk.
- Osteoporosis. For women over age 60 depending on risk factors.

Counseling for:

- BRCA. Genetic testing for women at higher risk.
- Breast cancer chemoprevention. For women at higher risk.

Additional Covered Services for Pregnant Women

- Anemia. Screening on a routine basis.
- Bacteriuria. Urinary tract or other infection screenings.
- Breast feeding interventions. Supports and promotes breast feeding.
- Hepatitis B. For the first prenatal visit.
- Rh incompatibility. Screening for all pregnant women and follow-up test for women at higher risk.
- Tobacco use. Expanded counseling for pregnant tobacco users.

Covered Preventive Services for Children Screenings and assessments for:

- Alcohol and drug use. For adolescents.
- Autism. For children at ages 18 and 24 months.
- Behavioral issues.
- Cervical dysplasia. For sexually active females.
- Congenital hypothyroidism. For newborns.
- Developmental. For children under age 3 and surveillance throughout childhood.
- Dyslipidemia. For children at higher risk of lipid disorders.
- Hearing. For all newborns.
- Height, weight and body mass index measurements.
- Hematocrit or hemoglobin.
- Hemoglobinopathies or sickle cell. For newborns.
- HIV. For adolescents at higher risk.
- Lead. For children at risk of exposure.
- Medical history. For all children throughout development.
- Obesity.
- Oral health. Risk assessment for young children.
- Phenylketonuria (PKU). Screening for this genetic disorder in newborns.

(continued on next page)