

2016 PREVENTIVE SCHEDULE



This Schedule is a reference tool for planning your family's preventive care, and lists items/services required under the Patient Protection and Affordable Care Act (PPACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, laws and regulations and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this Schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. If you have questions about this Schedule, or your benefit coverage, please call the Member Service number on the back of your ID card.

The services outlined in the 2016 Preventive Schedule below are covered at 100% if State of Delaware members use in-network physicians for preventive care. Note, claims for care provided for preventive services submitted with a medical diagnosis are paid at the diagnostic benefit level under the terms of the plan.

Adult (age 19+) Preventive Schedule

GENERAL HEALTH CARE	
Physical Exams/Health ¹ Guidance	Every 1-2 years for adults 19-49 years of age. Every year for adults 50 years of age and older
Pelvic /Breast Exam by Practitioner	Annually.
SCREENINGS/PROCEDURES	
Abdominal Aortic Aneurysm Screening	One-time screening by ultrasonography for men between age 65 and 75 who previously smoked.
BRCA Mutation Screening	One-time genetic assessment for breast and ovarian cancer susceptibility as recommended by your doctor. Annual preventive breast MRI if BRCA positive or immediate family of BRCA carrier but untested. (If you have/have had cancer, or your mammogram is positive, annual MRIs are diagnostic and will follow your diagnostic benefits.) As recommended by your doctor with women meeting high-risk criteria.
Bone Mineral Density Screening	Once every 2 years: All women 65 years and older or men 70 years and older. Or, younger post-menopausal women who have had a fracture or have one or more risk factors for osteoporosis.
Chlamydia, Gonorrhea, HIV and Syphilis Screenings	All sexually active males and females, as recommended by your doctor.
Colorectal Cancer Screening (and certain colonoscopy preps with prescription)	All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.
Cholesterol Screening	Routine screening every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease
Fasting Blood Glucose	For high-risk patients screenings should start at age 45 at three-year intervals. Earlier screening may be indicated based on individual risk factors.
Hepatitis B Screening	For high-risk patients: As recommended by your doctor.
Hepatitis C Screening	For high-risk patients: As recommended by your doctor.
Lung Cancer Screening	Annually for adults age 55-80 years with 30 pack/year smoking history and currently smokes or quit within the past 15 years
Mammogram	Starting at age 40, performed annually if recommended by your doctor. Baseline mammogram can be performed on women ages 35-39 based on Delaware State Mandate
Pap Test ²	Annually
WOMEN'S PREVENTIVE HEALTH SERVICES	
Well-Woman Visits ²	Well-woman visits annually for adult women to obtain the recommended preventive services that are age and developmentally appropriate. <ul style="list-style-type: none"> Up to four wellness visits annually for women: two visits with a Primary Care Physician (PCP), and two visits with an obstetrician/Gynecologist physician
Sexually Transmitted Infections (STIs) Counseling	Counseling on STIs for all sexually active women <ul style="list-style-type: none"> Up to two counseling sessions per year for women
Human Immune deficiency Virus (HIV) counseling	Counseling for HIV infection for all sexually active women <ul style="list-style-type: none"> Up to two counseling sessions per year for women
Gestational Diabetes Screening	Screening for gestational diabetes in pregnant women between 24 and 28 weeks of gestation and at the first prenatal visit for pregnant women identified to be at high risk for diabetes
Breastfeeding Counseling	Breastfeeding counseling for women
Breastfeeding Supplies	Breast pumps are covered in conjunction with each birth. The benefit includes electric and manual pumps
Human Papillomavirus HPV Screening Testing	HPV screening is recommended once every three years for women ages 30 and older with normal PAP cytology results
Contraceptive Counseling Methods	All women with reproductive capacity: patient education and counseling. Surgical female contraceptive methods and sterilization procedures

IMMUNIZATIONS	
Chicken Pox (Varicella)	One series of two doses at least one month apart for adults with no history of chicken pox.
Diphtheria, Tetanus (Td/Tdap)	One time Tdap. Td booster every 10 years for all adults.
Hepatitis A	Based on individual risk or physician recommendation: One two-dose series.
Hepatitis B	Based on individual risk or physician recommendation: One three-dose series.
Human Papillomavirus (HPV)	For individuals age 9 to 26, one three-dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 1.
Influenza	Annually.
Measles/Mumps/Rubella (MMR)	One to two doses as recommended by your doctor.
Meningococcal	Based on individual risk or physician recommendation: One or two doses per lifetime.
Pneumococcal	High-risk or at age 65: One to two doses as recommended by your doctor.
Shingles (Zoster)	One dose age 60 years of age and older.

Preventive drugs are not covered under this medical plan. Drug coverage is administered through a separate vendor.

¹ Includes discussion of alcohol use, blood pressure screening, depression, intimate partner and domestic violence, sexually transmitted diseases, and tobacco use.

² Pap test is covered annually for all sexually active females.

Screenings and Procedures

CARE FOR PATIENTS WITH RISK FACTORS (Including discussion of alcohol use, sexual activity and tobacco use.)											
BRCA Mutation Screening											As recommended by doctor
Chlamydia, Gonorrhea, HIV and Syphilis Screening ⁹											As recommended by doctor
Cholesterol Screening											Screening will be done at the doctor's discretion, based on the child's family history and risk factors
Hepatitis C Screening											When indicated for high-risk
HIV Screening											When indicated for high-risk adolescents.

Schedule for Children: Birth to 30 Months

SCREENINGS/PROCEDURES	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	24 MONTHS	30 MONTHS
Gonorrhea Preventive Medication For Eyes of Newborns	✓										
Hearing Screening ¹	✓										
Visual Screening ^{1,2}											
Wellness Exam ³	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Autism Screening									✓	✓	
Critical Congenital Heart Disease (CCHD) Screening with Pulse Oximetry	✓										
Lead Screening				✓		✓			✓	✓	✓
Hematocrit or Hemoglobin							✓				
Hereditary/ Metabolic Screening ⁹	✓										
Tuberculin Testing (TB, Intradermal)		✓			✓		✓		✓	Annually beginning at age 2-21. Annually for High Risk Individuals	
IMMUNIZATIONS⁴											
Chicken Pox ⁵							Dose 1				
Diphtheria/ Tetanus/ Pertussis (DTaP) ^{6,7}			Dose 1	Dose 2	Dose 3		Dose 4 (15 to 18 months)				
Hepatitis A ⁵							Dose 1		Dose 2		
Hepatitis B ⁵	Dose 1		Dose 2		Dose 3 (6 to 18 months)						
H. Influenza Type B (Hib)			Dose 1	Dose 2	Dose 3 ⁶		Dose 4 (12 to 15 months)				
Influenza ⁵					One or two doses annually for all children 6 months to 18 years of age						
Measles/Mumps/ Rubella (MMR) ⁵							Dose 1 (12 to 15 months)				
Meningococcal ⁶											
Pneumococcal Conjugate (PCV) ^{6,8}			Dose 1	Dose 2	Dose 3		Dose 4 (12 to 15 months)				
Polio (IPV) ⁶			Dose 1	Dose 2	Dose 3 (6 to 18 months)						
Rotavirus			Dose 1	Dose 2	Dose 3						

- As shown and when conditions indicate. If patient is uncooperative, rescreen within six months.
- Vision screening is a covered benefit. It is performed in the physician's office, by having the child read letters of various sizes on a Snellen chart. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit.
- This includes, at appropriate ages, height, weight and Body Mass Index (BMI) measurement, developmental and behavioral assessment, including autism screening, oral health risk assessment, blood pressure screening and other care as determined by the doctor. Coverage is based on a calendar year.
- Additional immunizations and expanded age ranges may be eligible for childhood immunizations.
- Children can get this vaccine at any age if not previously vaccinated.
- Or other series/schedule as recommended by the doctor.
- DTaP is given to children under age 7, in order to develop immunity to diphtheria, tetanus and whooping cough. Tdap provides continued protection in children and adults.
- Previously unvaccinated older infants and children who are beyond the age of the routine infant schedule should follow the dosing guidelines recommended by their doctor.
- Hereditary/Metabolic Screenings that are covered for newborns includes; Phenylketonuria (PKU), congenital hypothyroidism, Hemoglobinopathies and dyslipidemia (from age 1 to 17 years of age) for children that are at higher risk of lipid disorders.

Schedule for Children: 3 Years to 18 Years

SCREENINGS/PROCEDURES	3 YEARS	4 YEARS	5 YEARS	6 YEARS	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	15 YEARS	18 YEARS
Blood Pressure	✓	✓	✓	✓	✓	✓	✓	✓	Every year from age 11 through 18			
Hearing Screening ¹		✓	✓	✓		✓		✓		✓	✓	
PAP Test									Annually for all sexually active females			
Tuberculin Testing (TB Intradermal)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Visual Screening ^{1,2}	✓	✓	✓	✓		✓		✓		✓	✓	✓
Wellness Exam ³	✓	✓	✓	✓	✓	✓	✓	✓	Every year from age 11 through 18			
Hereditary/ Metabolic Screening ⁹									Screening for dyslipidemia for children at higher risk of lipid disorders from age 1 to 17 years			
SCREENINGS												
Lead Screening	Covered for children age 3 and 4 or when indicated. (Please also refer to your state specific recommendations.)											
Hematocrit or Hemoglobin	Annually for females during adolescence and when indicated.											
IMMUNIZATIONS ⁴												
Chicken Pox ⁵		Dose 2		Children not receiving the vaccine prior to 18 months can receive the vaccine at any time. Children 13 years or older who haven't been vaccinated and haven't had chicken pox should receive two doses of the vaccine at least 4 weeks apart. Second dose, catch-up is recommended for those who previously received only 1 dose.								
Diphtheria/ Tetanus/ Pertussis (DTaP) ^{6,7}		Dose 5 (4 to 6 years)		One dose of Tdap if five doses were not received previously								Td every 10 years
Hepatitis A ⁵												
Hepatitis B ⁵												
Human Papillomavirus (HPV)								One three dose series for individuals between 9 and 26 years old. Dose 2 at two months from Dose 1. Dose 3 at six months from Dose 1.				
Influenza ⁵	One or two doses annually for all children 6 months to 18 years of age											
Measles/Mumps/ Rubella (MMR) ⁵	The second dose of MMR is routinely recommended at 4 to 6 years, but may be administered during any visit, provided at least one month has elapsed since receipt of the first dose and that both doses are administered at or after age 12 months.											
Meningococcal ⁶									Dose 1		One time booster at 16	
Pneumococcal Conjugate (PCV) ^{6,8}												
Polio (IPV) ⁶		Dose 4 (4 to 6 years)										

- As shown and when conditions indicate. If patient is uncooperative, rescreen within six months.
- Vision screening is a covered benefit. It is performed in the physician's office, by having the child read letters of various sizes on a Snellen chart. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit.
- This includes, at appropriate ages, height, weight and Body Mass Index (BMI) measurement, blood pressure screening, developmental and behavioral assessment, including autism screening, depression screening, oral health risk assessment, education and brief counseling to prevent the initiation of tobacco use, alcohol use, and other drug use and other care as determined by the doctor. Coverage is based on a calendar year.
- Additional immunizations and expanded age ranges may be eligible for childhood immunizations.
- Children can get this vaccine at any age if not previously vaccinated.
- Or other series/schedule as recommended by the doctor.
- DTaP is given to children under age 7, in order to develop immunity to diphtheria, tetanus and whooping cough. Tdap provides continued protection in older children and adults.
- Previously unvaccinated older infants and children who are beyond the age of the routine infant schedule should follow the dosing guidelines recommended by their doctor.
- Routine screenings and prevention counseling for all sexually active females and males including sexual transmitted infections (STI)

Screenings and Procedures

CARE FOR PATIENTS WITH RISK FACTORS (Including discussion of alcohol use, sexual activity and tobacco use.)

BRCA Mutation Screening																			As recommended by doctor
Chlamydia, Gonorrhea, HIV and Syphilis Screening ⁹																			As recommended by doctor
Cholesterol Screening																			Screening will be done at the doctor's discretion, based on the child's family history and risk factors
Hepatitis C Screening																			When indicated for high-risk
HIV Screening																			When indicated for high-risk adolescents.

MATERNITY

The following services are considered preventive care for pregnant women.

You should expect to receive the following screenings and procedures:

- Hematocrit and/or hemoglobin (Anemia)
- Hepatitis B screening and immunization, if needed
- HIV screening
- Rh typing during your first visit
- Rh antibody testing for Rh-negative women
- Tdap with every pregnancy
- Urine Culture & Sensitivity (C&S)

In addition, your doctor may discuss breast feeding during weeks 28 through 36 and/or post-delivery, tobacco use and behavioral counseling to reduce alcohol use.

PREVENTION OF OBESITY

Benefits for Children

Children with a body mass index (BMI) in the 85th to 94th percentile (overweight) and the 95th to 98th percentile (obese) are eligible for:

- Additional annual preventive office visits specifically for obesity
- Additional nutritional counseling visits specifically for obesity
- Recommended laboratory studies
 - ✓ Alanine Aminotransferase (ALT)
 - ✓ Aspartate Aminotransferase (AST)
 - ✓ Hemoglobin A1c or Fasting Glucose (FBS)
 - ✓ Lipid Profile

Benefits for Adults

Adults with a BMI over 30 are eligible for:

- Additional annual preventive office visits specifically for obesity and blood pressure measurement
- Additional nutritional counseling visits specifically for obesity
- Recommended laboratory studies:
 - ✓ ALT
 - ✓ AST
 - ✓ Hemoglobin A1c or Fasting Glucose (FBS)
 - ✓ Lipid Profile

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