

# Preventive health coverage just for you



**Geisinger**

## **Preventive care**

Everyone wants to stay healthy, happy and living the life they love. That's why we provide the highest standard of preventive care services recommended by state and federal agencies like the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices for immunizations, the American Academy of Pediatrics and others. Visit the immunization schedule section at [cdc.gov](https://www.cdc.gov) for more information.

Many of the preventive services listed are covered with no member cost sharing at a participating or preferred doctor. (There may be cost sharing if a doctor provides additional services that aren't part of the preventive care list.)

From health screenings to vaccination reminders and everything in between, we're here to help make better health easier for everyone.

## Well baby and well child exams and immunizations – newborn to age 21

Service	Coverage
Anemia	<ul style="list-style-type: none"> <li>• 4 months based on risk assessment</li> <li>• 12 months</li> <li>• 15 months to age 21 based on risk assessment</li> </ul>
Autism spectrum disorder screening	<ul style="list-style-type: none"> <li>• 18 and 24 months</li> </ul>
Behavioral/Social/Emotional Screening	<ul style="list-style-type: none"> <li>• Annually from newborn to 21 years</li> </ul>
Blood pressure	<ul style="list-style-type: none"> <li>• Newborn to 30 months based on risk assessment, then annually ages 3 to 21</li> </ul>
Body mass index (BMI)	<ul style="list-style-type: none"> <li>• 24 months, 30 months, then yearly to age 21</li> </ul>
Congenital hypothyroidism screening	<ul style="list-style-type: none"> <li>• All newborns</li> <li>• Note: Infants born premature, ill or with very low birth weight may benefit from more than one screening due to decreased sensitivity and specificity of screening</li> </ul>
Critical congenital heart defect	<ul style="list-style-type: none"> <li>• At birth</li> </ul>
Depression and Suicide Risk screening	<ul style="list-style-type: none"> <li>• Annually age 12–21 years</li> </ul>
Developmental screening	<ul style="list-style-type: none"> <li>• 9, 18 and 30 months</li> </ul>
Developmental surveillance	<ul style="list-style-type: none"> <li>• Newborn, 3-5 days</li> <li>• 1-6 months; 12, 15, 24 months; annually age 3–21 years</li> </ul>
Dyslipidemia (cholesterol/lipid disorders)	<ul style="list-style-type: none"> <li>• 24 months based on risk assessment</li> <li>• Years 4, 6, 8, 9-11, 12, 13, 14, 15, 16, 17-21 years based on risk assessment</li> </ul>
Fluoride supplementation	<ul style="list-style-type: none"> <li>• 6, 9, 12, 18, 24, 30 months; then annually age 3–16 years based on risk assessment</li> </ul>
Fluoride varnish	<ul style="list-style-type: none"> <li>• 6 months to 5 years</li> </ul>
Hearing screening <i>Note: Not complete hearing examination</i>	<ul style="list-style-type: none"> <li>• Newborn, 3–5 days to 2 months, 4 months to 3 years based on risk assessment, annually ages 4–6, 8 years, 10 years, between 11 and 14 years, between 15 and 17 years, and between 18 and 21 years</li> <li>• Other years based on risk assessment</li> </ul>
History, length/height, weight, head circumference and physical exam	<ul style="list-style-type: none"> <li>• Newborn to 24 months</li> <li>• Additional visit at 2-4 days for infants discharged less than 48 hours after delivery</li> </ul>

## Well baby and well child exams and immunizations – newborn to age 21 (continued)

Service	Coverage
HIV	<ul style="list-style-type: none"> <li>• 11, 12, 13, 14 years based on risk assessment</li> <li>• Once between ages 15–18 years</li> <li>• Ages 19 – 21 based on risk assessment</li> </ul>
Immunizations <i>Note: Immunizations necessary for international travel are not covered</i>	<ul style="list-style-type: none"> <li>• Newborn to age 21 following the American Academy of Pediatrics Immunization Schedule  <a href="https://publications.aap.org/redbook/pages/immunization-schedules">https://publications.aap.org/redbook/pages/immunization-schedules</a></li> <li>• Questions about immunization coverage? Call the number on the back of your member ID card.</li> </ul>
Lead	<ul style="list-style-type: none"> <li>• 6, 9, 12, 18, 24 months based on risk assessment</li> <li>• Years 3-6 based on risk assessment</li> </ul>
Maternal depression screening	<ul style="list-style-type: none"> <li>• 1, 2, 4 and 6 months at well-child visits</li> </ul>
Metabolic/hemoglobinopathies	<ul style="list-style-type: none"> <li>• According to state law</li> <li>• All newborns</li> </ul>
Newborn bilirubin	<ul style="list-style-type: none"> <li>• At birth</li> </ul>
Newborn blood draw	<ul style="list-style-type: none"> <li>• At birth, 3–5 days</li> <li>• Additional blood draws based on risk assessment</li> </ul>
Obesity screening	<ul style="list-style-type: none"> <li>• Age 6 years and older</li> </ul>
Oral health	<ul style="list-style-type: none"> <li>• 6 and 9 months</li> <li>• 12, 18, 24, 30 months and annually age 3–6 years based on risk assessment</li> </ul>
PKU screening	<ul style="list-style-type: none"> <li>• At birth</li> </ul>
Prophylactic ocular (eye) medication to prevent blindness secondary to gonococcal ophthalmia neonatorum	<ul style="list-style-type: none"> <li>• All newborns</li> </ul>
Sexually transmitted infections	<ul style="list-style-type: none"> <li>• Annually age 11–21 years, based on risk assessment</li> </ul>
Sickle cell disease screening	<ul style="list-style-type: none"> <li>• All newborns</li> </ul>
Tobacco, alcohol or drug use assessment	<ul style="list-style-type: none"> <li>• Age 11–21 years based on risk assessment</li> </ul>

## Well baby and well child exams and immunizations – newborn to age 21 (continued)

Service	Coverage
Tobacco Use in Children and Adolescents: Primary Care Interventions	<ul style="list-style-type: none"><li>• Interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents who have not started to use tobacco</li></ul>
Tuberculosis	<ul style="list-style-type: none"><li>• Months 1, 6, 12, 24 and yearly from age 3 based on risk assessment</li></ul>
Vision screening <i>Note: Not complete eye examination</i>	<ul style="list-style-type: none"><li>• Newborn to 30 months based on risk assessment, annually age 3–6 years, then every other year until and including age 15 (or annually based on risk assessment)</li><li>• At least once in all children aged 3 to 5 years to detect amblyopia or its risk factors</li></ul>

## Young adult and adult health screenings and interventions

Service	Coverage
Abdominal aortic aneurysm; one-time screening	<ul style="list-style-type: none"> <li>Men ages 65–75 years who have ever smoked</li> <li>Limited to one per lifetime</li> </ul>
Blood pressure (hypertension) screening	<ul style="list-style-type: none"> <li>In adults 18 years and older with office blood pressure measurement</li> </ul>
Cervical dysplasia	<ul style="list-style-type: none"> <li>21 years</li> </ul>
Cholesterol/lipid disorders and Statin use	<ul style="list-style-type: none"> <li>Use of a statin for the prevention of CVD for adults aged 40 to 75 years who have 1 or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking) and an estimated 10-year risk of a cardiovascular event of 10% or greater.</li> </ul>
Colorectal cancer screening <i>Note: Single Source Brand Name Drugs (brand name drugs without a generic equivalent) and generic drugs are covered with no cost sharing for members age 45 to 75 years.</i>	<ul style="list-style-type: none"> <li>The following tests for all adults ages 45–75 years <ol style="list-style-type: none"> <li>High-sensitivity fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) annually or sDNA-FIT every 1 to 3 years</li> <li>Flexible sigmoidoscopy every 5 years</li> <li>Colonoscopy every 10 years</li> <li>CT colonography every 5 years</li> </ol> </li> </ul>
Depression screening	<ul style="list-style-type: none"> <li>Screening for depression in the general adult population, including pregnant and postpartum women.</li> </ul>
Diabetes screening: Prediabetes and Type 2 diabetes	<ul style="list-style-type: none"> <li>Asymptomatic adults ages 35–70 years who are overweight or obese</li> <li>Includes: HbA1c screening, LDL-C screening and nephropathy screening</li> </ul>
Fall prevention in older adults	<ul style="list-style-type: none"> <li>Exercise interventions for community-dwelling adults 65 years or older who are at increased risk for falls</li> </ul>
Hepatitis B screening	<ul style="list-style-type: none"> <li>Adolescents and adults at increased risk of infection</li> </ul>
Hepatitis C virus (HCV) infection screening	<ul style="list-style-type: none"> <li>Adults age 18–79 years</li> </ul>
HIV screening	<ul style="list-style-type: none"> <li>Adolescents and adults age 15–65 years</li> <li>Younger adolescents and older adults at increased risk of infection</li> </ul>
HIV infection prevention: Preexposure prophylaxis (PrEP) <i>Note: This includes baseline and monitoring services associated with dispensing PrEP.</i>	<ul style="list-style-type: none"> <li>Clinicians offer preexposure prophylaxis (PrEP) with effective antiretroviral therapy to persons who are at high risk of HIV acquisition.</li> </ul>

## Young adult and adult health screenings and interventions (continued)

Service	Coverage
Lung cancer screening - Low-dose computed tomography	<ul style="list-style-type: none"> <li>Annual screening with low-dose computed tomography (LDCT) in adults age 50–80 who have a 20-pack per year smoking history, currently smoke or have quit smoking in the past 15 years.</li> </ul>
Nutrition counseling	<ul style="list-style-type: none"> <li>Offer or refer adults with cardiovascular disease risk factors to behavioral counseling interventions to promote a healthy diet and physical activity.</li> </ul>
Prevention of herpes zoster (shingles)	<ul style="list-style-type: none"> <li>Vaccination of people 50 years old and older</li> </ul>
Sexually transmitted infection (STI) counseling	<ul style="list-style-type: none"> <li>All sexually active adolescents and adults who are at increased risk for sexually transmitted infections (STIs)</li> </ul>
Skin cancer behavioral counseling	<ul style="list-style-type: none"> <li>Counseling all young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons age 6 months to 24 years with fair skin types to reduce their risk of skin cancer</li> </ul>
Sudden Cardiac Arrest / Death	<ul style="list-style-type: none"> <li>Ages 17 to 21 based on risk assessment</li> </ul>
Syphilis Infection: Screening	<ul style="list-style-type: none"> <li>All persons who are at increased risk for infection</li> </ul>
Tobacco use/cessation interventions	<ul style="list-style-type: none"> <li>Clinicians are recommended to ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)–approved pharmacotherapy for cessation to nonpregnant adults who use tobacco.</li> </ul>
Tuberculin test	<ul style="list-style-type: none"> <li>Screening for latent tuberculosis infections in populations at increased risk.</li> </ul>
Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions	<ul style="list-style-type: none"> <li>Screening for unhealthy alcohol use in primary care settings in adults 18 years or older, including pregnant women, and providing persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce unhealthy alcohol use.</li> </ul>
Unhealthy drug use screening	<ul style="list-style-type: none"> <li>Screening by asking questions about unhealthy drug use in adults age 18 and older.</li> </ul>
Weight loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions	<ul style="list-style-type: none"> <li>Offering or referring adults with body mass index (BMI) of 30 or higher (calculated in weight in kilograms divided by height in meters squared) to intensive, multicomponent behavioral interventions.</li> </ul>

## Women's health screenings and interventions

Service	Coverage
Anxiety screening	<ul style="list-style-type: none"> <li>• Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.</li> </ul>
Bacteriuria screening	<ul style="list-style-type: none"> <li>• Screening for asymptomatic bacteriuria using urine culture in pregnant persons.</li> </ul>
BRCA-related cancer: Risk assessment, genetic counseling and genetic testing	<ul style="list-style-type: none"> <li>• Women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool.</li> </ul>
Breast cancer screening (mammogram) for average-risk women	<ul style="list-style-type: none"> <li>• Biennial screening mammography for women aged 50 to 74 years</li> <li>• Average-risk women should initiate mammography screening no earlier than age 40 and no later than age 50. Screening mammography should occur at least biennially and as frequently as annually. Screening should continue through at least age 74 and age alone should not be the basis to discontinue screening.</li> <li>• Benefits of mammography screening are payable only if performed by a mammography-service doctor who is properly certified by the Department of Health in accordance with the Mammography Quality Assurance Act of 1992.</li> </ul>
Breast cancer preventive medication	<ul style="list-style-type: none"> <li>• Women at risk for breast cancer and at low risk for adverse medication effects</li> </ul>
Breastfeeding promotion	<ul style="list-style-type: none"> <li>• During pregnancy and after birth</li> </ul>
Breastfeeding services and supplies	<ul style="list-style-type: none"> <li>• Comprehensive lactation support services (including consultation and counseling, education by clinicians and peer support services and breastfeeding equipment and supplies) by a trained doctor during the antenatal, perinatal, pregnancy and/or in the postpartum periods to optimize the successful initiation and maintenance of breastfeeding.</li> <li>• Breastfeeding equipment and supplies include but are not limited to double electric breast pumps (including pump parts and maintenance) and breast milk storage supplies. Access to double electric pumps should be a priority to optimize breastfeeding and should not be predicated on prior failure of a manual pump.</li> <li>• Breastfeeding equipment may also include equipment and supplies as clinically indicated to support dyads with breastfeeding difficulties and those who need additional services.</li> <li>• The costs for renting breastfeeding equipment are covered.</li> </ul>

## Women's health screenings and interventions (continued)

Service	Coverage
Cervical cancer and hrHPV: Screening	<ul style="list-style-type: none"> <li>• Every 3 years in women aged 21 to 65 years, if not combined with high-risk human papillomavirus (hrHPV) testing</li> <li>• For women aged 30 to 65 years, cervical cytology every 5 years if combined with hrHPV testing.</li> </ul>
Chlamydia screening	<ul style="list-style-type: none"> <li>• All sexually active females age 24 and younger</li> <li>• Adult women age 25 and older who are at risk</li> </ul>
Diabetes mellitus after pregnancy, screening	<ul style="list-style-type: none"> <li>• Women with a history of gestational diabetes mellitus who are not currently pregnant and who have not previously been diagnosed with Type 2 diabetes mellitus should be screened for diabetes mellitus.</li> </ul>
Domestic and Interpersonal violence screening and counseling	<ul style="list-style-type: none"> <li>• Screening adolescents and women for interpersonal and domestic violence, at least annually, and, when needed, providing or referring for initial intervention services.</li> </ul>
Female contraceptive methods and counseling	<ul style="list-style-type: none"> <li>• All Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling for all women with reproductive capacity are covered as prescribed by the member's participating doctor or OB/GYN. Contraceptive care includes screening, education, counseling, and provision of contraceptives (including in the immediate postpartum period.)</li> </ul>
Folic acid supplementation - A written or oral prescription must be provided by a provider and presented to a preferred pharmacy or preferred mail order pharmacy for coverage by the plan	<ul style="list-style-type: none"> <li>• All women who are planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid</li> </ul>
Gestational diabetes screening	<ul style="list-style-type: none"> <li>• Pregnant persons at 24 weeks of pregnancy of gestation or after</li> <li>• Women with risk factors for diabetes mellitus should be screened for preexisting diabetes before 24 weeks of gestation – ideally at the first prenatal visit, based on current clinical best practices.</li> </ul>
Gonorrhea screening	<ul style="list-style-type: none"> <li>• All sexually active females age 24 and younger</li> <li>• Adult women age 25 and older who are at risk</li> </ul>
Healthy weight and weight gain in pregnancy	<ul style="list-style-type: none"> <li>• Offering pregnant persons effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy</li> </ul>
Hepatitis B screening	<ul style="list-style-type: none"> <li>• Pregnant women at their first prenatal visit</li> </ul>



## Women's health screenings and interventions (continued)

Service	Coverage
HIV screening	<ul style="list-style-type: none"> <li>All pregnant persons, including those who present in labor or at delivery whose HIV status is unknown</li> <li>A screening test for HIV for all adolescent and adult women, age 15 and older, at least once during their lifetime. Earlier or additional screening should be based on risk. Rescreening annually or more often may be appropriate beginning at age 13 for adolescent and adult women with an increased risk of HIV infection.</li> <li>Risk assessment and prevention education for HIV infection beginning at age 13 and continuing as determined by risk.</li> </ul>
Obesity prevention in midlife women	<ul style="list-style-type: none"> <li>Counseling midlife women aged 40–60 years with normal or overweight body mass index (BMI) (18.5–29.9 kg/m<sup>2</sup>) to maintain weight or limit weight gain to prevent obesity.</li> </ul>
Osteoporosis screening	<ul style="list-style-type: none"> <li>Women at risk. May include but not limited to a DEXA scan (X-ray imaging test which measures bone density for osteoporosis).</li> <li>Women 65 years and older.</li> <li>Postmenopausal women younger than age 65 years who are at increased risk of osteoporosis, as determined by a formal clinical risk assessment tool.</li> </ul>
Perinatal depression	<ul style="list-style-type: none"> <li>Clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depressions to counseling interventions</li> </ul>
Preeclampsia prevention: aspirin	<ul style="list-style-type: none"> <li>Low-dose (81 mg/d) for pregnant people, after 12 weeks gestation, who are at high risk</li> </ul>
Preeclampsia screening	<ul style="list-style-type: none"> <li>Blood pressure measurements throughout pregnancy</li> </ul>
Rh incompatibility test - Rh (D) blood typing and antibody testing	<ul style="list-style-type: none"> <li>Rh(D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy-related care</li> <li>Repeated Rh(D) antibody testing for all unsensitized Rh(D)-negative women at 24 to 28 week's gestation, unless the biological father is known to be Rh(D)-negative.</li> </ul>
Sexually transmitted infections (STIs), counseling	<ul style="list-style-type: none"> <li>Directed behavioral counseling for sexually active adolescent and adult women at an increased risk for STIs. For adolescents and women not identified as high risk, counseling to reduce the risk of STIs should be considered, as determined by clinical judgment.</li> </ul>
Syphilis screening	<ul style="list-style-type: none"> <li>Early screening for syphilis infection in all pregnant women</li> </ul>
Tobacco use/cessation interventions	<ul style="list-style-type: none"> <li>Clinicians are recommended to ask all pregnant persons about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco</li> </ul>

## Women’s health screenings and interventions (continued)

Service	Coverage
Urinary incontinence screening	<ul style="list-style-type: none"> <li>• Screening women for urinary incontinence annually.</li> </ul>
Well-woman preventive visits	<ul style="list-style-type: none"> <li>• At least one preventive care visit per year beginning in adolescence and continuing across the lifespan.</li> <li>• These services may be completed at a single or as part of a series of visits that take place over time to obtain all necessary services depending on a woman’s age, health status, reproductive health needs, pregnancy status and risk factors.</li> <li>• Well-woman visits also include prepregnancy, prenatal, postpartum and interpregnancy visits.</li> </ul>

Many of these preventive services are covered with no member cost sharing when obtained from a participating/preferred doctor, unless otherwise noted. If your doctor provides medical services during your preventive care visit that are not included in the preventive care list, these items will be considered under your standard medical plan coverage. This means you may be responsible for cost sharing. See your plan materials for specific details about your plan coverage.

This document is intended as an easy-to-read summary. Benefits, limitations and exclusions are provided in accordance with the benefit documents and applicable riders under which a member is enrolled. This managed care plan may not cover all your healthcare expenses. Read your Subscription Certificate and riders carefully to determine which healthcare services are covered.

These preventive health services are based on recommendations from the U.S. Preventive Services Task Force (A and B recommendations), the Advisory Committee on Immunization Practices (ACIP) for immunizations, the American Academy of Pediatrics’ Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care and the Health Resources and Services (HRSA) supported Women’s Preventive Services Guidelines. For additional information on immunizations, visit the immunization schedule section of [cdc.gov](http://cdc.gov).

Geisinger Health Plan may refer collectively to healthcare coverage sponsors Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. Geisinger Health Plan is part of Geisinger, an integrated healthcare delivery and coverage organization.

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