



# YOU'RE COVERED

PEHP Pays for **Preventive Benefits** at 100%\*

**Don't put off that test or immunization.** Preventive benefits are covered at no cost to you when you see a contracted provider — even before you meet your deductible. This applies to both The STAR Plan and Traditional plan.

## Covered Preventive Services for Adults

(Ages 18 and older)

- » Preventive physical exam visits for adults, one time per plan year including:
  - › Blood pressure screening
  - › Basic/comprehensive metabolic panel
  - › Complete blood count
  - › Urinalysis
- » Abdominal aortic aneurysm one-time screening for men aged 65-75 who have ever smoked.
- » Alcohol misuse screening and counseling.
- » Aspirin use for men ages 45-79 and women ages 55-79, covered under the pharmacy benefit when prescribed by a physician.
- » Cholesterol screening for adults of certain ages or at higher risk.
- » Colorectal cancer screening for adults ages 50 to 75 using fecal occult blood testing, sigmoidoscopy, or colonoscopy. *PEHP covers Conscious Moderate Sedation for Colonoscopy's. If you don't have an ASA score of P3 or higher, or a Mallampati score of III or higher, General Anesthesia or Monitored Anesthesia Care is not covered for those providers that bill separately for it. Check with your doctor to find out if you meet these requirements.*
- » Depression screening for adults.
- » Type 2 diabetes screening for adults with high blood pressure.

- » Diet counseling for adults at higher risk for chronic disease including hyperlipidemia, obesity, diabetes, and cardiovascular disease. Intensive counseling can be delivered by primary care clinicians or by referral to other specialists including registered dietitians.
  - » HIV screening for all adults at higher risk.
  - » Immunization vaccines for adults--doses, recommended ages, and recommended populations vary:
    - › Hepatitis A
    - › Hepatitis B
    - › Herpes zoster (shingles age 50 and above)
    - › Human papillomavirus (HPV)
      - » males age 9-21 Gardasil
      - » females age 9-26 Gardasil or Cervarix
    - › Influenza (flu shot)
    - › Measles, mumps, rubella
    - › Meningococcal (meningitis)
    - › Pneumococcal (pneumonia)
    - › Tetanus, diphtheria, pertussis (Td or Tdap)
    - › Varicella (chickenpox)
- Learn more about immunizations and see the latest vaccine schedules at [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).*
- » Obesity screening and counseling for all adults by primary care clinicians to promote sustained weight loss for obese adults.
  - » Sexually transmitted infection (STI) prevention counseling for adults at higher risk.
  - » Tobacco use screening for all adults and cessation interventions for tobacco users.

- » Syphilis screening for all adults at higher risk.

## Covered Preventive Services Specifically for Women, Including Pregnant Women

- » Preventive gynecological exam, two per plan year.
- » Anemia screening on a routine basis for pregnant women.
- » Bacteriuria urinary tract or other infection screening for pregnant women.
- » BRCA counseling about genetic testing for women at higher risk.
- » BRCA testing for women at higher risk, requires preauthorization from PEHP.
- » Breast cancer mammography screenings one time per plan year for women over 40.
- » Breast cancer chemoprevention counseling for women at higher risk.
- » Breast cancer medications for women at higher risk. Tamoxifen or Raloxifene.
- » Breastfeeding comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women. *Coverage allows for either a manual or electric breast pump within 12 months after delivery. Hospital grade breast pumps when medically necessary and preauthorized by PEHP are also included.*
- » Cervical cancer screening (pap smear) for women ages 21-65.

*Continued on back*

# Preventive Benefits

*Continued from front*

- » Chlamydia infection screening for younger women and other women at higher risk.
- » Contraception: Food and Drug Administration approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs.
  - › Covered services/devices include: One IUD every two years (including removal), generic oral contraceptives, NuvaRing, Ortho Evra, diaphragms, cervical caps, emergency contraceptives (Ella, and generics only), injections, hormonal implants (including removal), Essure, and tubal ligation.
- » Domestic and interpersonal violence screening and counseling for all women.
- » Folic acid supplements for women who may become pregnant, covered under the pharmacy benefit when prescribed by a physician.
- » Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes.
- » Gonorrhea screening for all women at higher risk.
- » Hepatitis B screening for 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 30 or older in conjunction with cervical cancer screening (pap smear).
- » Osteoporosis screening for women over age 60 depending on risk factors.
- » Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk.
- » Tobacco use screening and interventions for all women, and expanded counseling for pregnant tobacco users.
- » Sexually transmitted infections (STI) counseling for sexually active women.
- » Syphilis screening for all pregnant women or other women at increased risk.

## Covered Preventive Services Specifically for Children

*(Younger than age 18)*

- » Preventive physical exam visits throughout childhood as recommended by the American Academy of Pediatrics including:

- › Behavioral assessments for children of all ages;
  - › Blood pressure screening for children;
  - › Developmental screening for children under age 3 and surveillance throughout childhood;
  - › Oral health risk assessment for young children;
  - » Alcohol and drug use assessments for adolescents.
  - » Autism screening for children at 18 and 24 months.
  - » Cervical dysplasia (pap smear) screening for sexually active females.
  - » Congenital hypothyroidism screening for newborns.
  - » Depression screening for adolescents.
  - » Dyslipidemia screening for children at higher risk of lipid disorders.
  - » Fluoride chemoprevention supplements for children without fluoride in their water source.
  - » Gonorrhea preventive medication for the eyes of all newborns.
  - » Hearing screening for all newborns, birth to 90 days old.
  - » Height, weight, and body mass index measurements for children.
  - » Hematocrit or hemoglobin screening for children.
  - » Hemoglobinopathies or sickle cell screening for newborns.
  - » HIV screening for adolescents at higher risk.
  - » Immunization vaccines for children from birth to age 18 — doses, recommended ages, and recommended populations vary:
    - › Diphtheria, tetanus, pertussis (Dtap);
    - › Haemophilus influenzae type b (Hib);
    - › Hepatitis A;
    - › Hepatitis B;
    - › Human papillomavirus (HPV);
      - » Males age 9-21 Gardasil;
      - » Females age 9-26 Gardasil or Cervarix;
    - › Inactivated poliovirus;
    - › Influenza (Flu Shot);
    - › Measles, mumps, rubella;
    - › Meningococcal (meningitis);
    - › Pneumococcal (pneumonia);
    - › Rotavirus;
    - › Varicella (chickenpox).
- Learn more about immunizations and see the latest vaccine schedules at [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).*
- » Iron supplements for children ages 6 to 12 months at risk for anemia.
  - » Obesity screening and counseling.

- » Phenylketonuria (PKU) screening for this genetic disorder in newborns.
- » Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk.
- » Tuberculin testing for children at higher risk of tuberculosis.
- » Vision screening for all children one time between ages 3 and 5.

## Coverage for Specific Drugs

- Payable through the Pharmacy Plan when received at a participating pharmacy with a prescription from your doctor. Over-the-counter purchases are not covered. See applicable Benefits Summary for coverage information.
- » Aspirin use for men age 45-79 and women age 55-79.
  - » Breast cancer medications for women at higher risk. Tamoxifen or Raloxifene.
  - » Folic acid supplements for women who may become pregnant.
  - » Fluoride chemoprevention supplements for children without fluoride in their water source.
  - » Iron supplements for children ages 6 to 12 months at risk for anemia.
  - » Tobacco use cessation interventions, up to the maximum approved dose and duration per plan year.

## Additional Preventive Services When Enrolled in The STAR Plan

*(doesn't apply to Jordan School District)*

*(doesn't apply to Consumer Plus)*

### Adults

- » Eye exam, routine. One per plan year.
- » Glaucoma screening.
- » Glucose test.
- » Hearing exam.
- » Hypothyroidism screening.
- » Phenylketones test.
- » Prostate cancer screening.
- » PSA (prostate specific antigen) screening.
- » Refraction exams.
- » Blood typing for pregnant women.
- » Rubella screening for all women of child bearing age at their first clinical encounter.

### Children

- » Eye exam, routine. One per plan year.
- » Glaucoma screening.
- » Hearing exam.
- » Hypothyroidism screening.
- » Refraction exams.

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*\* PEHP processes claims based on your provider's clinical assessment of the office visit. If a preventive item or service is billed separately, cost sharing may apply to the office visit. If the primary reason for your visit is seeking treatment for an illness or condition, cost sharing may apply. Certain screening services, such as a colonoscopy or mammogram, may identify health conditions that require further testing or treatment. If a condition is identified through a preventive screening, any subsequent testing, diagnosis, analysis, or treatment are not considered preventive services and are subject to the appropriate cost sharing.*