

Appendix A*

Preventive Services Covered without Cost-Sharing

The following preventive services are covered without copayment or cost-sharing. Your plan may provide additional preventive services at no cost to you; consult your Copayment Summary for more information.

Service	Adults		Special Populations	
	Men	Women	Pregnant Women	Children
Abdominal Aortic Aneurysm, Screening ¹	x			
Alcohol Misuse Screening and Behavioral Counseling Interventions by PCP	x	x	x	
Anemia, Prevention - Counseling by PCP ²				x
Anemia, Screening ³			x	
Anemia, Screening - Hemoglobin/Hematocrit in Childhood ⁴				x
Annual Well Visits for Children ⁵				x
Annual Women's Well Visits ⁶		x		
Aspirin for the Prevention of Cardiovascular Disease, Counseling by PCP (Aspirin is Over the Counter and Not Covered) ⁷	x	x		
Asymptomatic Bacteriuria in Adults, Screening ⁸			x	
Breast Cancer, Screening ⁹		x		
Chemoprevention for Breast Cancer for High Risk Women, Discussion with PCP		x		
Breast and Ovarian Cancer Susceptibility, Genetic Risk Assessment and BRCA Mutation Testing ¹⁰		x		
Breastfeeding, Counseling by PCP Regarding Behavioral Interventions ¹¹		x	x	
Cervical Cancer, Screening ¹²		x		
Chlamydial Infection, Screening ¹³		x	x	
Colorectal Cancer, Screening ¹⁴	x	x		
Congenital Hypothyroidism, Screening ¹⁵				x
Dental Caries in Preschool Children, Prevention ¹⁶				x
Depression (Adults), Screening ¹⁷	x	x		
Diet, Behavioral Counseling by PCP to Promote a Healthy Diet ¹⁸	x	x		
Folic Acid Supplementation, Generic Prescription Folic Acid (Brand Name and Over the Counter are Not Covered) ¹⁹			x	
Gonorrhea, Screening ²⁰		x	x	
Gonorrhea, Prophylactic Medication ²¹				x
Hearing Loss in Newborns, Screening ¹⁵				x
Hepatitis B Virus Infection, Screening ²²			x	
High Blood Pressure, Screening	x	x		
HIV, Screening ²³	x	x	x	x
Lead Screening up to Age 7				x
Lipid Disorders in Adults, Screening ²⁴	x	x		

Service	Adults		Special Populations	
	Men	Women	Pregnant Women	Children
Major Depressive Disorder in Children and Adolescents, Screening ²⁵				x
Obesity in Adults, Screening ²⁶	x	x		
Osteoporosis in Postmenopausal Women, Screening ²⁷		x		
Phenylketonuria, Screening ¹⁵				x
Rh (D) Incompatibility, Screening ²⁸			x	
Sexually Transmitted Infections, Counseling by PCP or OB/GYN ²⁹	x	x		x
Sickle Cell Disease, Screening ¹⁵				x
Syphilis Infection, Screening ³⁰	x	x	x	
TB Skin Test				x
Tobacco Use and Tobacco-Caused Disease, Counseling by PCP and Generic Prescription Medications (Brand Name and Over the Counter Medications Not Covered) ³¹	x	x	x	
Type 2 Diabetes Mellitus in Adults, Screening ³²	x	x		
Visual Impairment in Children Younger than Age 5 Years, Screening ³³				x

Footnotes:

- * This Appendix A includes the evidence-based items or services that have in effect a rating of A or B in the current recommendations of the United States Preventive Services Task Force with respect to the individual involved (<http://www.ahrq.gov/clinic/pocketgd09/gcp09s1.htm>) and, with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in comprehensive guidelines supported by the Health Resources Services Administration. In order for an office visit to be considered “preventive,” the service must have been provided or ordered by your PCP, or an OB/GYN who is a Participating Physician within your Medical Group or participating in Advantage Referral, and the primary purpose of the office visit must have been to obtain the preventive service. WHA and its Medical Groups may impose reasonable medical management techniques to determine the frequency, method, treatment or setting for a preventive service or item unless the particular guideline itself specifies otherwise. WHA does not cover any medications or supplements that are generally available over the counter, even if the Member has received a Prescription for the medications or supplements.
- ¹ One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.
- ² Counseling regarding routine iron supplementation for asymptomatic children aged 6 to 12 months who are at increased risk for iron deficiency anemia. Iron supplements are available over the counter and are not covered.
- ³ Routine screening in asymptomatic pregnant women.
- ⁴ Screening for anemia in children under age 18.
- ⁵ Children under age 18.
- ⁶ Women of all ages.
- ⁷ When the potential harm of an increase in gastrointestinal hemorrhage is outweighed by a potential benefit of a reduction in myocardial infarctions (men aged 45-79 years) or in ischemic strokes (women aged 55-79 years).
- ⁸ Pregnant women at 12-16 weeks gestation or at first prenatal visit, if later.
- ⁹ Mammography every 1-2 years for women 40 and older.
- ¹⁰ Referral for women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes for genetic counseling and evaluation for BRCA testing.
- ¹¹ Interventions during pregnancy and after birth to promote and support breastfeeding.
- ¹² Women aged 21-65 who have been sexually active and have a cervix.

- ¹³ Sexually active women 24 and younger and other asymptomatic women at increased risk for infection. Asymptomatic pregnant women 24 and younger and others at increased risk.
- ¹⁴ Adults aged 50-75 using fecal occult blood testing, sigmoidoscopy, or colonoscopy. Procedures to treat any abnormalities will require a copayment, even if performed at the same time as the screening.
- ¹⁵ Newborns.
- ¹⁶ Prescription of oral fluoride supplementation at currently recommended doses to preschool children older than 6 months whose primary water source is deficient in fluoride.
- ¹⁷ In clinical practices with systems to assure accurate diagnoses, effective treatment, and follow-up.
- ¹⁸ Adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease.
- ¹⁹ Recommendation that women pregnant or planning on pregnancy have folic acid supplement.
- ²⁰ Sexually active women, including pregnant women 25 and younger, or at increased risk for infection.
- ²¹ Prophylactic ocular topical medication for all newborns against gonococcal ophthalmia neonatorum.
- ²² Pregnant women at first prenatal visit.
- ²³ All adolescents and adults at increased risk for HIV infection and all pregnant women.
- ²⁴ Men aged 20-35 and women over age 20 who are at increased risk for coronary heart disease; all men aged 35 and older.
- ²⁵ Adolescents (age 12-18) when systems are in place to ensure accurate diagnosis, psychotherapy, and follow-up.
- ²⁶ Discussion/counseling about intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.
- ²⁷ Women 65 and older and women 60 and older at increased risk for osteoporotic fractures.
- ²⁸ Blood typing and antibody testing at first pregnancy-related visit. Repeated antibody testing for unsensitized Rh (D)-negative women at 24-28 weeks gestation unless biological father is known to be Rh (D) negative.
- ²⁹ All sexually active adolescents and adults at increased risk for sexually transmitted infections.
- ³⁰ Persons at increased risk and all pregnant women.
- ³¹ Discussion/counseling about tobacco cessation interventions for those who use tobacco. Augmented pregnancy-tailored counseling to pregnant women who smoke. Generic prescription medications are covered.
- ³² Asymptomatic adults with sustained blood pressure greater than 135/80 mg Hg.
- ³³ To detect amblyopia, strabismus, and defects in visual acuity.

This summary of preventive services is considered accurate and complete at the time it was prepared. However, it may change without notice as the federal and state laws and regulations concerning preventive services are changed or clarified.