

PREVENTIVE Health Services.

Regence has a long history of supporting and providing preventive services for our members. In fact, we believe that prevention is the key to detecting many serious and costly conditions, and ultimately benefiting the long-term health of our members.

The federal health care reform law passed in 2010 also requires us to offer preventive coverage on many of our benefit plans. Regence supports this, and as a result, we would like to share some additional details regarding preventive care coverage many of our members will receive as part of their benefit plans.

What preventive services are covered?

Regence follows government guidelines to determine which preventive services we cover at 100% (no deductibles, coinsurance or copays)¹. Only the services outlined in this flyer will be paid at 100%.

These guidelines are updated periodically to reflect new scientific and medical advances. New services will be covered within one year of being approved. Additionally, current services could be revised and subject to different limitations; thus benefits are subject to change. You'll find more detailed information on the preventive services listed on this flyer, including recommended timelines for child and adolescent immunizations, at healthcare.gov.

Essential Preventive Health Services for Adults

Wellness exams – routine physical exams and check-ups for adults ages 18 and over

Screenings, tests and counseling:

- Adult abdominal aortic aneurysm screening – covered once per lifetime for men age 65 and over if ever smoked
- Alcohol misuse screening and behavioral counseling intervention – age 19 and older
- Anemia (iron deficiency) screening – up to age 21
- Aspirin use for the prevention of cardiovascular disease – for men age 45-79 and women age 55-79 – requires a prescription
- Blood pressure screening – age 18 and older
- Cholesterol screening – all men at age 35 and older and men ages 20-35 who are at increased risk for cardiovascular disease. Women at age 45 and older and those 20-45 who are at increased risk.
- Colorectal cancer screening – age 50 and older, once every 5 years for a sigmoidoscopy and every 10 years for a colonoscopy, fecal occult blood testing annually
- Depression screening
- (Type 2) Diabetes screening for adults with sustained high blood pressure
- Diet behavioral counseling for adults with high cholesterol and other risk factors
- Gonorrhea screening – males up to age 21 and all females
- HIV screening – for those at increased risk and those up to age 21
- Lead screening – up to age 21
- Obesity screening and counseling
- Sexually transmitted infection (STI) prevention counseling for those at increased risk
- Tobacco use counseling and interventions, including generic medications – does not include programs or classes
- Syphilis screening for those at increased risk and those up to age 21

Immunization vaccines for adults – consult your physician for frequency:

- Diphtheria, pertussis, tetanus (DPT)
- Hepatitis A
- Hepatitis B
- Herpes zoster – age 60 and older
- Human papillomavirus (HPV) – females up to age 27
- Influenza
- Measles, mumps, rubella (MMR)
- Meningococcal
- Pneumococcal
- Varicella

Essential Preventive Health Services for Adults *(continued)*

Additional covered preventive services for women, including pregnant women:

- Anemia (iron deficiency) screening for pregnant women
- Bacteriuria (urinary tract infection) screening for asymptomatic women
- Breast cancer screenings for women – age 40 and older and those at increased risk. Mammograms only.
- Breast cancer chemoprevention counseling – for women at increased risk
- Breast feeding interventions to support and promote breast feeding – does not include lactation classes
- Cervical cancer screening for sexually active women
- Chlamydia infection screening
- Folic acid supplements – requires a prescription
- Genetic risk assessment and BRCA (breast cancer susceptibility) mutation counseling – for women with family risk of breast and ovarian cancer
- Hepatitis B screening for pregnant women
- Osteoporosis screening – age 60 and older and those at increased risk
- Rh(D) incompatibility screening for pregnant women
- Syphilis screening for those at increased risk and those up to age 21, also includes pregnant women
- Tobacco use counseling and interventions for pregnant women – does not include programs or classes

Essential Preventive Health Services for Infants, Children and Teens

Wellness exams – Well-child exams for infants through 17 years of age

Screenings, tests and counseling:

- Anemia (iron deficiency) screening
- Cholesterol screening
- Congenital hypothyroidism screening for newborns
- (Major) depression disorders screening – part of routine physical
- Fluoride supplements for children without sufficient fluoride in their water source – requires a prescription
- Gonorrhea preventive medication for the eyes of all newborns
- Gonorrhea screening
- Hearing screening for newborns – one screening in the first year of life
- HIV screening – for those at increased risk
- Iron supplements for children age 6-12 months at increased risk – requires a prescription (drops only)
- Lead screening
- Metabolic screening – up to age 2 months
- Obesity screening and counseling – age 6 and older
- Oral health risk assessment for preschool children
- Phenylketonuria (PKU) screening for genetic disorder in newborns
- Sexually transmitted infection (STI) prevention counseling for those at increased risk
- Sickle cell screening – up to 12 months
- Tuberculosis skin test
- Vision screening – up to age 5

Immunizations for children – consult your physician for frequency:

- Diphtheria, pertussis, tetanus (DPT)
- Haemophilus influenzae type b (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV) - females
- Inactivated poliovirus
- Influenza
- Measles, mumps, rubella (MMR)
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella

¹ Evidence-based preventive guidelines are developed and validated by the following government entities: United States Preventive Services Task Force (USPSTF), Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC), and Health Resources and Services Administration (HRSA).

² For group size 2-99, grandfathering does not apply.

Health insurers continue to receive information from HHS regarding the health care reform law. The information provided in this document should not be construed as legal advice.

Are you eligible for these preventive services?

There are some criteria you must meet in order to take advantage of this preventive coverage:

- You must have a new Regence policy that becomes effective on or after Sept. 23, 2010, or your existing policy must renew on or after that date.
- These covered preventive services: (1) are not required in “grandfathered” policies, which are essentially policies in effect on March 23, 2010, as long as few or no changes are made to them (please note that Regence has chosen to retain grandfathered status for a very limited number of policies);² (2) may apply to grandfathered plans that have added these preventive care services; (3) may apply to retiree-only plans and; (4) apply to Association plans at the Association’s plan renewal date.
- For many plans, we will cover the preventive services at 100% (no deductibles, coinsurance or copayments) only when you see preferred or participating providers (Category 1 or Category 2).

Check your policy benefit booklet or contract for details.

Find out if you are eligible for coverage. To learn more, call the Customer Service number on the back of your member card, or see the Contact Us link at regence.com.

