

America's ✦ Choice



Preventive
Care for **Everyone**

Free Preventive Care



THERE ARE 3 SETS OF FREE PREVENTIVE SERVICES COVERED.

For Adults



For Women



For Children



DISCLAIMER: The availability of wellness benefits is predicated on a variety of factors including age and family history. This is not major medical insurance.

Adult Wellness

Screenings /Counseling /Medications

1. Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked
2. Alcohol misuse screening and counseling
3. Aspirin use to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk
4. Blood pressure screening
5. Cholesterol screening for adults of certain ages or at higher risk
6. Colorectal cancer screening for adults 45 to 75
7. Depression screening
8. Diabetes (Type 2) screening for adults 40 to 70 years who are overweight
9. Diet counseling for adults at higher risk for chronic disease
10. Fall prevention (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting
11. Hepatitis B screening for people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence
12. Hepatitis C screening for adults age 18 to 79 years
13. HIV screening for everyone age 15 to 65, and other ages at increased risk
14. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adults at high risk for getting HIV through sex or injection drug use
15. Lung cancer screening for adults 50 to 80 at high risk for lung cancer due to heavy smoking or have quit in the past 15 years
16. Obesity screening and counseling
17. Sexually transmitted infection (STI) prevention counseling for adults at higher risk
18. Statin preventive medication for adults 40 to 75 at high risk
19. Syphilis screening for adults at higher risk
20. Tobacco use screening for all adults and cessation interventions for tobacco users
21. Tuberculosis screening for certain adults without symptoms at high risk

Immunization Vaccines

(Doses, ages, and recommended populations vary)

- Chickenpox (Varicella)
- Diphtheria
- Flu (influenza)
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Measles
- Meningococcal
- Mumps
- Whooping Cough (Pertussis)
- Pneumococcal
- Rubella
- Shingles
- Tetanus



Women's Wellness

Screenings / Testing

Services for pregnant women or women who may become pregnant

1. Breastfeeding support and counseling from trained providers, and access to breastfeeding supplies for pregnant and nursing women
2. Birth control: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity
3. Folic acid supplements for women who may become pregnant
4. Gestational diabetes screening for women 24 weeks pregnant (or later) and those at high risk of developing gestational diabetes
5. Gonorrhea screening for all women at higher risk
6. Hepatitis B screening for pregnant women at their first prenatal visit
7. Maternal depression screening for mothers at well-baby visits (PDF, 1.5 MB)
8. Preeclampsia prevention and screening for pregnant women with high blood pressure
9. Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk
10. Syphilis screening
11. Expanded tobacco intervention and counseling for pregnant tobacco users
12. Urinary tract or other infection screening
13. Screening for interpersonal and domestic violence




Screenings / Testing Other covered preventive services for women

1. Bone density screening for all women over age 65 or women age 64 and younger that have gone through menopause
2. Breast cancer genetic test counseling (BRCA) for women at higher risk
3. Breast cancer mammography screenings every 2 years for women 50 and over, and as recommended by a provider for women 40 to 49 or women at higher risk for breast cancer
4. Breast cancer chemoprevention counseling for women at higher risk
5. Cervical cancer screening
6. Pap test (also called a Pap smear) for women age 21 to 65
7. Chlamydia infection screening for younger women and other women at higher risk
8. Diabetes screening for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before
9. Domestic and interpersonal violence screening and counseling for all women
10. Gonorrhea screening for all women at higher risk
11. HIV screening and counseling for everyone age 15 to 65, and other ages at increased risk
12. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative women at high risk for getting HIV through sex or injection drug use
13. Sexually transmitted infections counseling for sexually active women
14. Tobacco use screening and interventions
15. Urinary incontinence screening for women yearly
16. Well-woman visits to get recommended services for all women

Newborn/Child Care

Screenings / Assessments / Supplements

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1. Alcohol, tobacco, and drug use assessments for adolescents
 2. Autism screening for children at 18 and 24 months
 3. Behavioral assessments for children: Age 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
 4. Bilirubin concentration screening (PDF, 609 KB) for newborns
 5. Blood pressure screening for children: Age 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
 6. Blood screening for newborns
 7. Depression screening for adolescents beginning routinely at age 12
 8. Developmental screening for children under age 3
 9. Dyslipidemia screening (PDF, 609 MB) for all children once between 9 and 11 years and once between 17 and 21 years, and for children at higher risk of lipid disorders
 10. Fluoride supplements for children without fluoride in their water source
 11. Fluoride varnish for all infants and children as soon as teeth are present
 12. Gonorrhea preventive medication for the eyes of all newborns
 13. Hearing screening for all newborns; regular screenings (PDF, 609 KB) for children and adolescents as recommended by their provider
 14. Height, weight, and body mass index (BMI) measurements (PDF, 609 KB) taken regularly for all children
 15. Hematocrit or hemoglobin screening for all children
 16. Hemoglobinopathies or sickle cell screening for newborns
 17. Hepatitis B screening for adolescents at higher risk
 18. HIV screening for adolescents at higher risk
 19. Hypothyroidism screening for newborns
 20. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adolescents at high risk for getting HIV through sex or injection drug use
 21. Lead screening for children at risk of exposure
 22. Obesity screening and counseling
 23. Oral health risk assessment (PDF, 609 KB) for young children from 6 months to 6 years
 24. Phenylketonuria (PKU) screening for newborns
 25. Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk
 26. Tuberculin testing for children at higher risk of tuberculosis: Age 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
 27. Vision screening for all children
 28. Well-baby and well-child visits

Immunization Vaccines (Doses, ages, and recommended populations vary)

- Chickenpox (Varicella)
- Diphtheria, tetanus, and pertussis (DTaP)
- Haemophilus influenza type b
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus
- Influenza (flu shot)
- Measles
- Meningococcal
- Mumps
- Pneumococcal
- Rubella
- Rotavirus