



## Preventive care

### In-network services covered at 100%

Most Regence members have 100% coverage for preventive services—care that detects an issue before it becomes a problem. You'll pay nothing for the care listed here when you see an in-network provider. We follow recommendations from three government agencies to determine which services we cover.<sup>1</sup>

You may have to pay for covered preventive care if:

- You see an out-of-network provider
- Your doctor provides preventive care outside the guidelines
- Your provider doesn't obtain any required pre-authorization (for example, physical therapy for fall prevention, genetic testing for BRCA 1 and 2 and lung cancer screening)

Also, diagnostic services are different from preventive. Diagnostic care looks at a problem you're already having. So ask your doctor if services are preventive or diagnostic. It's important to know because you may have to pay out of pocket for diagnostic care.

Check the list below to see which preventive services most of our plans cover. Some plans may have limitations or not cover all of these services. Check your plan benefits or call Customer Service at the number on the back of your member ID card if you have questions.

1. These scientifically supported guidelines are created by the 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).

## Members of all ages

The following services are provided as appropriate to need and age.\*

### Lab tests

- Cholesterol screening (if high risk)
- BRCA 1 and 2 testing and counseling (if high risk and meet criteria)
- Hepatitis B screening (if increased risk)
- Hepatitis C screening (if high risk or age 18-79)
- HIV screening (15–65 or high risk)
- Sexually transmitted disease counseling during wellness exams
- Screening for gonorrhea, syphilis and chlamydia
- Tuberculosis screening
- Prediabetes and type 2 diabetes screening and counseling (35-70 if overweight or obese)

### Procedures

- Abdominal aortic aneurysm screening (men only, 65+ and have ever smoked)
- Cervical cancer screening (Pap) (21+)
- Colon cancer screening (45+)
- Lung cancer screening (50–80 with history of smoking)
- Osteoporosis screening (women 65+ or at risk)
- Physical therapy to prevent falls (in community-dwelling adults 65+ and at high risk)
- Screening mammogram (40+ or at high risk)
- Sterilization (tubal ligation)

### Examinations / counseling

- Annual wellness (physical) exam (18+)
- Blood pressure monitoring (18+)
- Breast cancer prevention counseling (if high risk)
- Depression screening during wellness exams
- Diabetes counseling (40–70 if overweight or obese)
- Diet behavior counseling (for those with hyperlipidemia)
- Heart disease prevention counseling (18+ with additional cardiovascular disease (CVD) risk factors)
- HIV counseling (15–65 or at high risk)
- HPV screening every three years (30+)
- Interpersonal and domestic violence screening and counseling during wellness exams
- Obesity counseling in midlife (40-60), effective January 1, 2023
- Obesity screening and counseling (6+)
- Sexually transmitted disease counseling during wellness exams
- Tobacco-use counseling (not programs or classes)
- Unhealthy alcohol and/or drug use screening and behavioral counseling (18+)

### Immunizations

- Chicken pox (varicella)
- Diphtheria, pertussis (whooping cough), tetanus (DPT)
- Hemophilus influenzae type b (Hib)
- Hepatitis A and B
- Herpes zoster (shingles) (50+; effective January 1, 2023, age limit will be 19+)
- HPV (up to 45)
- Influenza (flu)
- Measles, mumps, rubella (MMR)
- Meningitis
- Pneumonia

## Pregnant members

During pregnancy, members may receive preventive services described under “Members of all ages,” plus the following:

### Lab tests

- Anemia screening
- Gestational diabetes screening
- Hepatitis B screening
- HIV screening and counseling
- Rh(D) incompatibility screening
- UTI screening

### Breastfeeding / chestfeeding supplies and support

- Breast pump / lactation pump (non–hospital-grade)
- Lactation support and counseling

### Examinations / counseling

- Counseling to promote healthy weight gain during pregnancy

## Children

Children may receive age-appropriate\* preventive services described under “Members of all ages,” plus the following:

### Newborns (up to 62 days of age)

- Congenital hypothyroidism screening
- Gonorrhea medication for the eyes
- Jaundice (bilirubin) screening
- Metabolic screening
- PKU screening
- Sickle cell anemia screening

### Youths (up to 21)

- Anemia screening
- Dyslipidemia (high cholesterol and fat in blood)
- Lead poisoning screening

### Examinations / counseling

- Dental caries (up to age 6, starting when first tooth appears)
- Eye exam (3–5)
- Fluoride varnish (up to age 6 when applied by primary care clinician)
- Newborn hearing screening (up to 62 days)
- Skin cancer counseling (6 months–24 years for those with fair skin type)
- Well-child exams (up to age 18)

### Immunizations

Children may receive age-appropriate immunizations described under “Members of all ages,” plus the following:

- Polio
- Rotavirus

\* When an age range is listed, such as 15-18, your coverage includes the first age through the second.

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## Contraception for women

- Birth control education and training

Our prescription drug benefit covers all forms of FDA-approved birth control. For a complete list, visit <https://regence.myprime.com/v/RBW/COMMERCIAL/en/forms.html>.

## Prescription drugs

Your preventive care benefits cover many over-the-counter and prescription drugs. To learn more, visit <https://regence.myprime.com/v/RBW/COMMERCIAL/en/forms.html> and go to the ACA Preventive Medications, Covered Contraceptive Products and Tobacco Cessation coverage lists.



To learn more, go to **regence.com**. For your plan benefits, see your benefit booklet or call us at the number on the back of your member ID card.



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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