

# Preventive care for members\*

Kaiser Permanente has always had a strong focus on the benefits of preventive care. The following well-care services, including immunizations and screenings, are provided as a part of our benefit plans. Many of these services are covered in full when care is received in-network from a provider with Washington Permanente Medical Group or a contracted community physician. Depending on a member's contract, some benefits may not be covered in full. This list is not all-inclusive; call Member Services to ask if other preventive care is covered by your plan.

## Covered preventive care | for adults

Abdominal aortic aneurysm screening	Screening once during lifetime for older men and women with specific risk factors <sup>†</sup>
Alcohol misuse screening and counseling	Routine care
Aspirin	When prescribed through shared decision making with provider
Blood pressure screening	Routine care at least annually
Cholesterol screening	Routine care for certain ages <sup>†</sup>
Colorectal cancer screening	Routine care for adults over 50 or earlier for high risk individuals <sup>†</sup>
Depression screening	Routine care
Diabetes screening	Routine care for patients with hypertension <sup>†</sup>
Diet counseling	For adults at higher risk for chronic disease; member cost share for additional services such as nutrition counseling and health education classes
Immunizations	Routine care; Kaiser Permanente follows the Centers for Disease Control and Prevention (CDC) Immunization Guidelines
Obesity screening and counseling	Routine care; member cost share for health education classes; participation in structured weight loss counseling programs are not covered
Sexually transmitted infection (STI/HIV) screening and counseling	Routine care for sexually-active adults, including testing and counseling for HIV depending on risk assessment
Tobacco use cessation intervention	Routine care, counseling, and medication

## Covered preventive care | for women

Anemia screening	For pregnant women
BRCA (genetic screening for breast cancer risk) counseling	Shared decision making for women with certain risk factors; includes genetic counseling and lab tests
Breast cancer screening	For women over 40; mammogram every 1 to 2 years <sup>†</sup>
Breast cancer chemoprevention counseling	For women at higher risk
Breastfeeding counseling and supplies	Counseling during pregnancy; breastfeeding supplies after birth
Chlamydia infection screening	Routine care for sexually active women <sup>†</sup>
Contraceptive education, counseling, and methods	Patient education and counseling and full range of FDA-approved formulary contraceptive methods and sterilization procedures, per Kaiser Permanente guidelines and formulary
Folic acid supplements	Discussion and shared decision making for prescription of folic acid for women able to become pregnant
Gestational diabetes screening	Routine pregnancy care for women 24–28 weeks of gestation and at first prenatal visit for pregnant women at high risk for diabetes <sup>†</sup>
Gonorrhea screening	For all women at high risk

\*Medicare plans have different preventive care benefits  
<sup>†</sup>Per Kaiser Permanente guidelines

Hepatitis B screening	Routine pregnancy care for women at their first prenatal visit or at high risk
Interpersonal and domestic violence screening and counseling	Routine service for all women
Osteoporosis screening	For women over age 60, depending on risk factors
Pap test for cervical cancer screening	Routine well care for sexually active women every 1 to 3 years depending on risk*
Rh incompatibility screening	Routine pregnancy care for women and follow-up testing for women at higher risk
Sexually transmitted infection (STI/HIV) counseling	Routine well care for sexually active women depending on risk assessment
Tobacco use cessation interventions	Routine care for all women, and expanded counseling for pregnant tobacco users
Syphilis screening	Routine pregnancy care for all women or other women at increased risk
Urine screening for bacterium	Routine pregnancy care for women at first prenatal visit
Wellness visits	At least one annual visit for all women 18 and older, including preconception and prenatal care

## Covered preventive care I for children and teens

Alcohol and drug use assessments	Routine screening for high risk behavior in teens
Autism screening	Routine at 12, 15 to 18, and 24 months; covered for ages prenatal up to age 21
Behavioral assessments	Routine well care for all children and teens; covered for ages prenatal up to age 21
Congenital hypothyroidism screening	Routine well care for newborns
Developmental screening	Routine well care for all children and teens; covered for ages prenatal up to age 21
Dyslipidemia screening	For children at higher risk; covered for ages 24 months to 21 years
Fluoride varnish	Shared decision making with parents for children aged birth–6 without fluoride water supply
Gonorrhea preventive medication for eyes	Routine care for the eyes of all newborns
Hearing screening	Routine care for ages pre-natal up to age 21
Height, weight, and body mass index measurements	Routine care for all children and teens
Hematocrit or hemoglobin screening	Routine care as needed for children and teens
Hemoglobinopathies or sickle cell screening	Routine screening for newborns
Immunizations	Routine for children from birth to age 18; Kaiser Permanente follows the Centers for Disease Control and Prevention (CDC) Immunization Guidelines
Iron supplements	For children ages 6 to 12 months at risk for anemia, including discussion with parents about the use of iron
Lead screening	For children at risk of exposure
Obesity screening and counseling	Routine care for children and teens; member cost share for health education classes; participation in structured weight loss counseling programs are not covered
Oral health assessment	Routine care for children and teens
Phenylketonuria (PKU) screening	Routine screening for newborns
Sexually transmitted infection (STI/HIV) counseling	For all sexually active teens based on risk assessment
Tuberculin testing	For children and teens at high risk
Vision screening	Routine care for all children and teens starting at age 3
Wellness visits	Wellness visit schedules vary by age; includes some preventive services in these guidelines as well as other services that are age and sex appropriate