

# DETAILED 2014 PREVENTIVE CARE SERVICES



How often and what kind of preventive care services you need depends upon your age, gender, health and family history. Your provider determines whether services delivered are preventive or medical. Blue Cross and Blue Shield of Minnesota and Blue Plus process claims as coded by the provider. Not all items on this list are covered benefits for all products or groups with Blue Cross or Blue Plus and not all products or groups are in scope of health care reform. This list may not represent all possible tests. Check your health plan benefits, or call the number on the back of your member ID card for details on coverage.

Category	Description
<b>General preventive care</b>	
Preventive medical exams and counseling	<p>Preventive physical/medical exam – age and gender appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions. Lab screenings, diagnostic and treatment procedures for new or ongoing illnesses may not be billed as part of and be performed in a separate visit than the preventive medical exam or counseling visit.</p> <p>May include (not an all-inclusive, or restrictive, list):</p> <ul style="list-style-type: none"> <li>• Blood pressure screening</li> <li>• Skin cancer counseling to reduce ultraviolet (UV) ray exposure</li> <li>• Skin exam – for melanomas, sores, lesions</li> <li>• Aspirin use counseling for people with elevated cardiovascular disease risk</li> <li>• Prostate cancer digital rectal exam</li> <li>• Domestic violence screening and counseling</li> <li>• Height, weight, body mass index (BMI)</li> </ul>
<b>Counseling and clinical assessment or screening (all men and women)</b>	
Alcohol, drug and tobacco misuse	<p>May include:</p> <ul style="list-style-type: none"> <li>• Screening and counseling to reduce alcohol misuse</li> <li>• Drug use assessment</li> <li>• Counseling to prevent tobacco use and tobacco-caused disease</li> </ul>
Depression	Screening for depression
Domestic violence	<p>May include:</p> <ul style="list-style-type: none"> <li>• Counseling and screening for interpersonal and domestic violence (part of health care reform women's preventive benefits)</li> <li>• May be part of annual preventive physical/medical exam</li> </ul>

Category	Description
<b>Counseling and clinical assessment or screening (all men and women) – continued</b>	
Nutrition, healthy weight and physical activity	May include: <ul style="list-style-type: none"> <li>• Behavioral counseling in primary care to promote a healthy diet for adults with hyperlipidemia and other risk factors</li> <li>• Nutrition assessment</li> <li>• Nutrition counseling</li> <li>• Screening for obesity               <ul style="list-style-type: none"> <li>◦ Counseling for obesity (specifically, screening for and management of obesity)</li> </ul> </li> <li>• May be part of preventive physical/medical exam</li> </ul>
Sexually transmitted infections (STIs), risk reduction counseling and screening	May include: <ul style="list-style-type: none"> <li>• HIV (human immunodeficiency virus)</li> <li>• Chlamydia</li> <li>• Gonorrhea</li> <li>• Syphilis</li> </ul>
Vision and hearing	Vision screening – glaucoma, acuity, refraction Hearing screening – screening test, audiometry and pure tone
<b>Pregnancy-related</b>	
Breastfeeding support, supplies and counseling	May include: <ul style="list-style-type: none"> <li>• Primary care interventions to promote breastfeeding</li> <li>• Breastfeeding support supplies and counseling (part of health care reform's women's preventive benefits) – coverage of manual breast pump up to 6 months postpartum</li> </ul>
Routine prenatal tests	May include: <ul style="list-style-type: none"> <li>• Gestational diabetes mellitus screening (may be part of health care reform women's preventive benefits)</li> <li>• Presence of bacteria in the urine</li> <li>• Hepatitis B</li> <li>• Iron-deficiency anemia</li> <li>• Rh incompatibility</li> </ul>
Alcohol, drug and tobacco misuse assessment and counseling	May include: <ul style="list-style-type: none"> <li>• Screening and counseling to reduce alcohol misuse</li> <li>• Drug use assessment</li> <li>• Counseling to prevent tobacco use and tobacco-caused disease</li> </ul>

Category	Description
Sexually transmitted infections (STIs), risk reduction and screening	May include: <ul style="list-style-type: none"> <li>• HIV (human immunodeficiency virus)</li> <li>• Chlamydia</li> <li>• Gonorrhea</li> <li>• Syphilis</li> </ul>
<b>Pregnancy-related – continued</b>	
Counseling for folic acid supplementation	For women planning pregnancy May be part of "well-woman visit"
<b>Cardiovascular and metabolic screening tests (men and women)</b>	
Cholesterol (lipid) profile	Cholesterol, HDL and LDL tests
Diabetes screening test	Blood glucose test
<b>Cancer screening tests (men and women)</b>	
Colorectal cancer screening	Includes: <ul style="list-style-type: none"> <li>• Stool occult blood (once/year)</li> <li>• Air contrast barium enema</li> <li>• Sigmoidoscopy/Flexible sigmoidoscopy</li> <li>• Proctosigmoidoscopy</li> <li>• Colonoscopy (once/year)</li> </ul>
<b>Children/Adolescents</b>	
Preventive medical exam for children and adolescents	Preventive physical/medical exam – age- and gender-appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions. Lab screenings, diagnostic and treatment procedures for new or ongoing illnesses may not be billed as part of and be performed in a separate visit than the preventive medical exam or counseling visit.  May include the following benefits (not an all-inclusive, or restrictive, list): <ul style="list-style-type: none"> <li>• Blood pressure screening</li> <li>• Skin cancer counseling to reduce ultraviolet (UV) ray exposure</li> <li>• Skin exam – for melanomas, sores, lesions</li> <li>• Iron supplementation recommendation for children at increased risk for iron-deficiency anemia</li> <li>• Domestic violence screening and counseling</li> <li>• Height, weight, body mass index (BMI)</li> <li>• Safety and injury prevention (see <b>HealthyChildren.org</b> for more details)</li> <li>• Assessment of risk for lead exposure</li> </ul>
Depression screening	Screening for depression

Category	Description
Nutrition, healthy weight and physical activity	<p>May include:</p> <ul style="list-style-type: none"> <li>• Behavioral counseling in primary care to promote a healthy diet for people with hyperlipidemia and other risk factors</li> <li>• Nutrition assessment</li> <li>• Nutrition counseling</li> <li>• Screening for obesity <ul style="list-style-type: none"> <li>◦ Counseling for obesity (specifically, screening for and management of obesity)</li> </ul> </li> <li>• May be part of annual preventive physical/medical exam</li> </ul>

Category	Description
<b>Children/Adolescents – continued</b>	
Vision and hearing	<ul style="list-style-type: none"> <li>• Vision screening – may include screening for strabismus (for example, “cross-eyed” or “lazy-eye”), acuity and refraction</li> <li>• Hearing screening – screening test, audiometry and pure tone</li> </ul>
Assess development and behavior	<p>Includes:</p> <ul style="list-style-type: none"> <li>• Autism</li> <li>• Alcoholism/substance abuse</li> <li>• Intellectual and mental disorders</li> <li>• Depression</li> </ul>
Tooth decay and cavity prevention	Preschool children 6 months and older whose primary water source lacks fluoride
Tuberculosis testing	Testing for tuberculosis (TB) for children
<b>Women's health (also see pregnancy-related)</b>	
Preventive gynecological exam	<p>Preventive physical/medical exam – age-appropriate medical history and physical exam, counseling or anticipatory guidance and risk-factor interventions. Lab screenings, diagnostic and treatment procedures for new or ongoing illnesses may not be billed as part of and must be performed in a separate visit than the preventive medical exam or counseling visit.</p> <p>May include evaluation of: thyroid, breasts and abdomen as well as pelvic exam.</p>
Well-woman visit	<p>Ages 12 to 64. Health care reform women's preventive benefit. List of services that may be performed during an annual well-woman visit are located in Table 5-6 "Clinical Preventive Services for Women: Closing the Gaps" July 2011 report by the Institute of Medicine:  <a href="http://iom.edu/Reports/2011/Clinical-Preventive-Services-for-Women-Closing-the-Gaps.aspx">iom.edu/Reports/2011/Clinical-Preventive-Services-for-Women-Closing-the-Gaps.aspx</a></p>
Contraceptive methods and counseling	<p>Ages 12 to 64. Health care reform women's preventive benefit. Specific FDA-approved contraceptive methods and types, including over-the-counter, when prescribed. Religiously exempt groups are excluded.</p>

Category	Description
Counseling for BRCA and BRCA testing	For women at elevated risk for breast and ovarian cancer May be part of "well-woman visit" BRCA lab tests for women at elevated risk is a health care reform women's preventive benefit
Counseling regarding use of medication to reduce risk of breast cancer	Women at high-risk May be part of "well-woman visit"
Osteoporosis screening	Bone density measurement (once/year)
Cervical cancer screening	May include: <ul style="list-style-type: none"> <li>• Pap test</li> <li>• HPV (human papillomavirus) test (women 30 and older) – part of health care reform women's preventive benefits</li> </ul>
Breast cancer screening	Conventional mammogram (once/year)
Ovarian cancer screening	May include: <ul style="list-style-type: none"> <li>• CA-125 (once/year)</li> <li>• Transvaginal ultrasound (once/year)</li> </ul>
<b>Men's health</b>	
Abdominal aortic aneurysm (AAA) ultrasound	For men ages 65 to 75 who have smoked
Prostate cancer screening	May include: <ul style="list-style-type: none"> <li>• Prostate specific antigen (PSA) test (once/year)</li> <li>• Digital rectal exam (DRE) usually performed as part of preventive medical exam</li> </ul>
<b>Immunizations</b>	
For details on doses, recommended ages, and recommended populations, see prevention guidelines at <a href="http://healthandwellness.bluecrossmn.com">healthandwellness.bluecrossmn.com</a> Listed below are most commonly utilized immunizations – list may not be all inclusive	
Tetanus, diphtheria, pertussis, poliovirus vaccines	May be offered singly or grouped.
Influenza vaccines	
Varicella (chickenpox) vaccines	
Hepatitis A vaccines	
Hepatitis B vaccines	
Human papillomavirus (HPV) vaccines	
Measles, mumps, rubella (MMR) vaccines	
Pneumonia vaccines	
Meningitis vaccines	
Zoster (herpes shingles) vaccines	
Rotavirus vaccines	