

2020 Preventive Schedule

Effective 1/1/2020

PLAN YOUR CARE: KNOW WHAT YOU NEED AND WHEN TO GET IT

Preventive or routine care helps us stay well or finds problems early, when they are easier to treat. The preventive guidelines on this schedule depend on your age, gender, health and family history. As a part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. Make sure you know what is covered by your health plan and any requirements before you receive any of these services.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for you. CHIP Members may have additional preventive services and coverage. Please check the CHIP member booklet for further details of CHIP coverage of preventive services.

QUESTIONS?

 Call Member Service

 Ask your doctor

 Log in to your account

Adults: Ages 19+






Male














Female

General Health Care

 Routine Checkup* (This exam is not the work- or school-related physical)	<ul style="list-style-type: none"> Ages 19 to 49: Every 1 to 2 years Ages 50 and older: Once a year
 Depression Screening	Once a year
 Pelvic, Breast Exam	Once a year





Screenings/Procedures

 Abdominal Aortic Aneurysm Screening	Ages 65 to 75 who have ever smoked: One-time screening
 Ambulatory Blood Pressure Monitoring	To confirm new diagnosis of high blood pressure before starting treatment
 Breast Cancer Genetic (BRCA) Screening (Requires prior authorization)	Those meeting specific high-risk criteria: One-time genetic assessment for breast and ovarian cancer risk
 Cholesterol (Lipid) Screening	<ul style="list-style-type: none"> Ages 20 and older: Once every 5 years High-risk: More often
 Colon Cancer Screening (Including Colonoscopy)	<ul style="list-style-type: none"> Ages 50 and older: Every 1 to 10 years, depending on screening test High-risk: Earlier or more frequently
 Certain Colonoscopy Preps With Prescription	<ul style="list-style-type: none"> Ages 50 and older: Once every 10 years High-risk: Earlier or more frequently
 Diabetes Screening	High-risk: Ages 40 and older, once every 3 years
 Hepatitis B Screening	High-risk
 Hepatitis C Screening	High-risk
 Latent Tuberculosis Screening	High-risk
 Lung Cancer Screening (Requires prior authorization and use of authorized facility)	Ages 55 to 80 with 30-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years












* Routine checkup could include health history; physical; height, weight and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; age-appropriate guidance, and intimate partner violence screening and counseling for reproductive age women.

Adults: Ages 19+






Screenings/Procedures

 Mammogram	Ages 40 and older: Once a year including 3-D
 Osteoporosis (Bone Mineral Density) Screening	Age 65 and older: once every 2 years. Younger if at risk as recommended by physician
 Pap Test	<ul style="list-style-type: none"> • Ages 21 to 65: Every 3 years, or annually, per doctor's advice • Ages 30 to 65: Every 5 years if HPV or combined Pap and HPV are negative • Ages 65 and older: Per doctor's advice
 Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV and Syphilis)	Sexually active males and females

Immunizations**

 Chicken Pox (Varicella)	Adults with no history of chicken pox: One 2-dose series
 Diphtheria, Tetanus (Td/Tdap)	<ul style="list-style-type: none"> • One-time Tdap • Td booster every 10 years
 Flu (Influenza)	Every year (Must get at your PCP's office or designated pharmacy vaccination provider; call Member Service to verify that your vaccination provider is in the Highmark network)
 Haemophilus Influenzae Type B (Hib)	For adults with certain medical conditions to prevent meningitis, pneumonia and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine
 Hepatitis A	At-risk or per doctor's advice: One 2 or 3 dose series
 Hepatitis B	At-risk or per doctor's advice: One 2 or 3 dose series
 Human Papillomavirus (HPV)	To age 26: One 3-dose series
 Measles, Mumps, Rubella (MMR)	One or two doses
 Meningitis*	At-risk or per doctor's advice
 Pneumonia	High-risk or ages 65 and older: One or two doses, per lifetime
 Shingles	<ul style="list-style-type: none"> • Zostavax - Ages 60 and older: One dose • Shingrix - Ages 50 and older: Two doses

Preventive Drug Measures That Require a Doctor's Prescription

 Aspirin	<ul style="list-style-type: none"> • Ages 50 to 59 to reduce the risk of stroke and heart attack • Pregnant women at risk for preeclampsia
 Folic Acid	Women planning or capable of pregnancy: Daily supplement containing .4 to .8 mg of folic acid
 Raloxifene Tamoxifen	At-risk for breast cancer, without a cancer diagnosis, ages 35 and older
 Tobacco Cessation (Counseling and medication)	Adults who use tobacco products
 Low to Moderate Dose Select Generic Statin Drugs For Prevention of Cardiovascular Disease (CVD)	Ages 40 to 75 years with 1 or more CVD risk factors (such as dyslipidemia, diabetes, hypertension, or smoking) and have calculated 10-year risk of a cardiovascular event of 10% or greater.

* Meningococcal B vaccine per doctor's advice.

** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

Preventive Care for Pregnant Women



Screenings and Procedures

- Gestational diabetes screening
- Hepatitis B screening and immunization, if needed
- HIV screening
- Syphilis screening
- Smoking cessation counseling
- Depression screening during pregnancy and postpartum
- Depression prevention counseling during pregnancy and postpartum
- Rh typing at first visit
- Rh antibody testing for Rh-negative women
- Tdap with every pregnancy
- Urine culture and sensitivity at first visit
- Alcohol misuse screening and counseling

Prevention of Obesity, Heart Disease and Diabetes



Adults With BMI 25 to 29.9 (Overweight) and 30 to 39.9 (Obese) Are Eligible For:

- Additional annual preventive office visits specifically for obesity and blood pressure measurement
- Additional nutritional counseling visits specifically for obesity
- Recommended lab tests:
 - ALT
 - AST
 - Hemoglobin A1c or fasting glucose
 - Cholesterol screening

Adult Diabetes Prevention Program (DPP)



Applies to Adults

- Without a diagnosis of Diabetes (does not include a history of Gestational Diabetes) and
- Overweight or obese (determined by BMI) and
- Fasting Blood Glucose of 100-125 mg/dl or HGBA1c of 5.7 to 6.4 percent or Impaired Glucose Tolerance Test of 140-199mg/dl.

Enrollment in certain select CDC recognized lifestyle change DPP programs for weight loss.


2020 Preventive Schedule

PLAN YOUR CHILD'S CARE: KNOW WHAT YOUR CHILD NEEDS AND WHEN TO GET IT

Preventive or routine care helps your child stay well or finds problems early, when they are easier to treat. Most of these services may not have cost sharing if you use the plan's in-network providers. Make sure you know what is covered by your health plan and any requirements before you schedule any services for your child.

It's important to talk with your child's doctor. The frequency of services, and schedule of screenings and immunizations depends on what the doctor thinks is right for your child.

QUESTIONS?

-  Call Member Service
-  Ask your doctor
-  Log in to your account

Children: Birth to 30 Months¹

General Health Care	Birth	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M
Routine Checkup* (This exam is not the preschool- or day care-related physical.)	●	●	●	●	●	●	●	●	●	●	●
Hearing Screening	●										
Screenings											
Autism Screening									●	●	
Critical Congenital Heart Disease (CCHD) Screening With Pulse Oximetry	●										
Developmental Screening						●			●		●
Hematocrit or Hemoglobin Screening							●				
Lead Screening						●	●			●	
Newborn Blood Screening and Bilirubin	●										
Immunizations											
Chicken Pox								Dose 1			
Diphtheria, Tetanus, Pertussis (DTaP)			Dose 1	Dose 2	Dose 3			Dose 4			
Flu (Influenza)**						Ages 6 months to 30 months: 1 or 2 doses annually					
Haemophilus Influenzae Type B (Hib)			Dose 1	Dose 2	Dose 3		Dose 4				
Hepatitis A							Dose 1		Dose 2		
Hepatitis B	Dose 1	Dose 2			Dose 3						
Measles, Mumps, Rubella (MMR)							Dose 1				
Pneumonia			Dose 1	Dose 2	Dose 3		Dose 4				
Polio (IPV)			Dose 1	Dose 2	Ages 6 months to 18 months: Dose 3						
Rotavirus			Dose 1	Dose 2	Dose 3						

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. Additional: Instrument vision screening to assess risk for ages 1 and 2 years. ** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

Children: 3 Years to 18 Years¹

General Health Care	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y	
Routine Checkup* (This exam is not the preschool- or day care-related physical)	●	●	●	●	●	●	●	●	Once a year from ages 11 to 18				
Ambulatory Blood Pressure Monitoring**												●	
Depression Screening									Once a year from ages 11 to 18				
Hearing Screening***		●	●	●		●		●		●	●	●	
Visual Screening***	●	●	●	●		●		●		●	●	●	
Screenings													
Hematocrit or Hemoglobin Screening			Annually for females during adolescence and when indicated										
Lead Screening	When indicated (Please also refer to your state-specific recommendations)												
Cholesterol (Lipid) Screening								Once between ages 9-11 and ages 17-21					
Immunizations													
Chicken Pox		Dose 2								If not previously vaccinated: Dose 1 and 2 (4 weeks apart)			
Diphtheria, Tetanus, Pertussis (DTaP)		Dose 5						One dose Tdap					
Flu (Influenza)****	Ages 3 to 18: 1 or 2 doses annually												
Human Papillomavirus (HPV)							Provides long-term protection against cervical and other cancers. 2 doses when started ages 9-14. 3 doses all other ages.						
Measles, Mumps, Rubella (MMR)		Dose 2											
Meningitis*****								Dose 1			Age 16: One-time booster		
Pneumonia	Per doctor's advice												
Polio (IPV)		Dose 4											
Care for Patients With Risk Factors													
BRCA Mutation Screening (Requires prior authorization)					Per doctor's advice								
Cholesterol Screening	Screening will be done based on the child's family history and risk factors												
Fluoride Varnish (Must use primary care doctor)	Ages 5 and younger												
Hepatitis B Screening									Per doctor's advice				
Hepatitis C Screening											High-risk		
Latent Tuberculosis Screening												High-risk	
Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV and Syphilis)									<ul style="list-style-type: none"> • For all sexually active individuals • HIV routine check once between ages 15-18 				
Tuberculin Test	Per doctor's advice												

*Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance; alcohol and drug abuse, and tobacco use assessment. ** To confirm new diagnosis of high blood pressure before starting treatment. *** Hearing screening once between ages 11-14, 15-17 and 18-21. Vision screening covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4 and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit. **** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network. ***** Meningococcal B vaccine per doctor's advice.

Children: 6 Months to 18 Years¹


Preventive Drug Measures That Require a Doctor's Prescription

Oral Fluoride	For ages 6 months to 16 years whose primary water source is deficient in fluoride
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Prevention of Obesity and Heart Disease

<p>Children With a BMI in the 85th to 94th Percentile (Overweight) and the 95th to 98th Percentile (Obese) Are Eligible For:</p>	<ul style="list-style-type: none"> • Additional annual preventive office visits specifically for obesity • Additional nutritional counseling visits specifically for obesity • Recommended lab tests: <ul style="list-style-type: none"> – Alanine aminotransferase (ALT) – Aspartate aminotransferase (AST) – Hemoglobin A1c or fasting glucose (FBS) – Cholesterol screening
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Adult Diabetes Prevention Program (DPP) Age 18

<p> Applies to Adults</p> <ul style="list-style-type: none"> • Without a diagnosis of Diabetes (does not include a history of Gestational Diabetes) and • Overweight or obese (determined by BMI) and • Fasting Blood Glucose of 100-125 mg/dl or HGBA1c of 5.7 to 6.4 percent or Impaired Glucose Tolerance Test of 140-199mg/dl. 	Enrollment in certain select CDC recognized lifestyle change DPP programs for weight loss.
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Women's Health Preventive Schedule

Services

Well-Woman Visits (Includes: preconception and first prenatal visit, urinary incontinence screening)	Up to 4 visits each year for age and developmentally appropriate preventive services
Contraception (Birth Control) Methods and Discussion*	All women planning or capable of pregnancy

Screenings/Procedures

Diabetes Screening	<ul style="list-style-type: none"> • High-risk: At the first prenatal visit • All women between 24 and 28 weeks pregnant • Postpartum women without Diabetes but with a history of gestational diabetes
HIV Screening and Discussion	All sexually active women: Once a year
Human Papillomavirus (HPV) Screening Testing	Beginning at age 30: Every 3 years
Domestic and Intimate Partner Violence Screening and Counseling	Once a year
Breast-feeding (Lactation) Support and Counseling, and Costs for Equipment	During pregnancy and/or after delivery (postpartum)
Sexually Transmitted Infections (STI) Discussion	All sexually active women: Once a year

* FDA-approved contraceptive methods may include sterilization and procedures as prescribed. One form of contraception in each of the 18 FDA-approved methods is covered without cost sharing. If the doctor recommends a clinical service or FDA-approved item based on medical necessity, there will be no cost sharing.

Information About the Affordable Care Act (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations or your benefit coverage, please call the Member Service number on the back of your member ID card.

¹Information About Children's Health Insurance Program (CHIP)

Because the Children's Health Insurance Program (CHIP) is a government-sponsored program and not subject to ACA, certain preventive benefits may not apply to CHIP members and/or may be subject to copayments.

The ACA authorizes coverage for certain additional preventive care services. These services do not apply to "grand-fathered" plans. These plans were established before March 23, 2010, and have not changed their benefit structure. If your health coverage is a grandfathered plan, you would have received notice of this in your benefit materials.

Preventive Immunization Comparison

The chart below shows the vaccines covered by Highmark and Express Scripts. Age limits may apply.

Highmark covers the vaccines if administered by a network provider at your doctor's office. Use your Highmark BCBS ID card in order to be covered by Highmark.

Express Scripts covers the vaccines if administered by a participating pharmacy. Not all contracted pharmacies will be able to give all covered vaccines at all times. Contact your participating pharmacy regarding vaccine availability and times for administration by a pharmacist. Use your Express Scripts ID card at the pharmacy in order to be covered by Express Scripts.

Vaccines covered at a network doctor's office or participating pharmacy

Chicken Pox (Varicella)
Diphtheria/Tetanus/Pertussis (DTaP/Td/Tdap)
H. Influenzae Type B (Hib)
Hepatitis A and B
Human Papillomavirus (HPV)
Influenza
Measles/Mumps/Rubella (MMR)
Meningococcal
Pneumococcal
Polio (IPV)
Rotavirus
Shingles

The following vaccines are covered only by Express Scripts. Use your Express Scripts ID card at the pharmacy in order to be covered by Express Scripts.

Vaccines available only at a participating pharmacy

Japanese Encephalitis
Rabies
Typhoid
Yellow Fever

Preventive Medications

The plan pays for preventive care only when given by a network provider. To determine if a specific medication is covered under the wellness benefit, call Express Scripts at 1-800-555-3432. For over-the-counter medications purchased with a prescription from an in-network pharmacy, use your Express Scripts ID card.

Medication	Coverage
Aspirin	<ul style="list-style-type: none"> • Ages 50 to 59 to reduce the risk of stroke and heart attack • Pregnant women at risk for preeclampsia
Colonoscopy preparation	Coverage to persons ages 50 years old and older every 10 years, or earlier or more frequent for persons determined to be at high risk for colon cancer
Fluoride	Coverage to persons through the age of 5 years old
Folic acid	Coverage to females through the age of 50 years old
Iron	Coverage to persons less than 1 year of age
Smoking cessation	Coverage to persons ages 18 years old and older
Statins	Coverage of low- to moderate-dose statins for persons ages 40 to 75 years old
Raloxifene Tamoxifen	Coverage for women without a cancer diagnosis who are determined to be at risk for breast cancer by their physician and meet certain criteria

Ineligible Preventive Services

Services not on the Highmark *Preventive Schedule* will be denied if your medical provider submits the claim with a preventive diagnosis code. Procedures not on the Highmark *Preventive Schedule* must be submitted with an eligible accompanying medical diagnosis to be considered.

Commonly denied non-preventive services

- Vitamin D
- Hemoglobin (A1C)
- Thyroxine
- Basic Metabolic Panel*
- Vitamin B-12
- Uric Acid
- Iron
- Testosterone (Total)
- Creatinine
- X-Rays
- ECG

* Comprehensive Metabolic Panel is included in a General Health Panel and is covered as preventive.

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WHAT PREVENTIVE CARE COVERAGE DO I HAVE?

The *Preventive Schedule* is a list of general care guidelines. We encourage you to take a copy of the schedule with you when you or a family member visits your medical provider.

The schedule includes tests that are performed for both routine and diagnostic reasons. If you are seeing your doctor and have not been diagnosed with a medical condition, you should expect the services to be performed for routine/preventive care and covered at 100%, not subject to your deductible or co-insurance. **Only those procedures that are listed on the *Preventive Schedule* are covered at 100% with no deductible or co-insurance during a preventive exam.** If your doctor orders other tests, those tests may be subject to your deductible and/or co-insurance or they may be denied in certain instances.



If you have a medical condition and the tests are being done to monitor the condition, then the services would be performed for diagnostic reasons and be subject to your program's deductible and/or co-insurance.

HOW CAN I PAY TWO DIFFERENT AMOUNTS FOR THE SAME PROCEDURE?

YOUR BENEFIT PAYMENT DEPENDS ON HOW YOUR DOCTOR CODES YOUR PROCEDURE.

Preventive care, or routine care, is typically covered at 100%. Diagnostic tests or screenings performed for treating or diagnosing a medical condition are typically covered at your plan's standard benefit level.

WHAT'S THE DIFFERENCE?

In general, the reason for the exam. When you see a doctor for routine care, you would not have symptoms or a previous medical history that would require the doctor to perform the procedure(s). When you receive diagnostic care, the doctor is performing the procedure(s) to find out what is wrong with you or to treat your condition.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for you.

QUESTIONS?

If you or your doctor have questions about the administration of the care as listed on the schedule, please call Member Service at the number listed on the back of your ID card.

SEE THE FOLLOWING EXAMPLES:

John, Janice and Judy have procedures performed from their network physicians. All three have the same medical plan. However, they pay different amounts for their care because John is receiving preventive care, Janice is receiving diagnostic care and Judy is receiving both.

John	Janice	Judy
Reason for exam: John turned 40 and figured he should have an annual exam and once-over to see how his health is.	Reason for exam: Janice is a diabetic and is recovering from a near-heart attack. The doctor put her on a strict diet and exercise regimen and wants to perform follow-up tests to measure her improvement.	Reason for exam: Judy needs to follow up with her doctor to see if the cholesterol-reducing medication is working. While there she figures she should take care of her routine physical and get a flu shot since flu season is coming.
Procedures performed: <ul style="list-style-type: none"> • Physical Exam • Blood Pressure • Cholesterol Screening • Lipid Panel • Fasting Glucose • Urinalysis 	Procedures performed: <ul style="list-style-type: none"> • Physical Exam • Blood Pressure • Cholesterol Screening • Lipid Panel • Fasting Glucose • Urinalysis 	Procedures performed: <ul style="list-style-type: none"> • Physical Exam • Lipid Panel • Flu Shot • Urinalysis
Doctor codes and submits as: Routine	Doctor codes and submits as: Diagnostic	Doctor codes and submits as: Some procedures as diagnostic, some as routine
Benefit payment: All of these procedures are covered at 100%.	Benefit payment: All of these procedures and the office visit are covered at the standard benefit level.	Benefit payment: Procedures billed as routine will be covered at 100%. Procedures billed as diagnostic will be covered at the standard benefit level.

WHAT IS THE DIFFERENCE IN A COMPREHENSIVE METABOLIC PANEL AND A GENERAL HEALTH PANEL?

Comprehensive Metabolic Panel:

A Comprehensive Metabolic Panel (CMP) is a blood test that measures your sugar (glucose) level, electrolyte and fluid balance, kidney function and liver function. Glucose is a type of sugar your body uses for energy. Electrolytes keep your body's fluids in balance. Your *Preventive Schedule* has enhancements that include the CMP and General Health Panel.

General Health Panel:

A measure of general health, this panel includes the Complete Blood Count (CBC), CMP and Thyroid tests.