

Preventive Care Screenings

The following chart shows the preventive care exams and screenings covered by your plan, depending on age and gender.

Preventive Services for Children: Birth to 18 Years		
Service covered	Specific age limits, if any	Frequency
Physical exam (well-baby care)	Newborn, 2, 4, 6, 9, 12, 15, and 18 months	
Annual physical exam	2 years–18 years	Once per calendar year
Hearing exam, routine		Once per calendar year
Fluoride supplements for children	6 months and older	
HIV screening if at increased risk.	8-18 years	Up to two tests per calendar year
Females: Pap smear and screening for chlamydia and gonorrhea	18 years (younger if sexually active)	Once per calendar year
Preventive Services for Men and Women Ages 19 and Over		
Service	Specific age limits, if any	Frequency
Annual physical exam		Once per calendar year
Hearing exam, routine		Once per calendar year
Fasting blood glucose testing for patients with diagnosis of high blood pressure or diagnosis of high cholesterol		No more than annually (recommended every 1-3 years)
Cholesterol/lipid screening	Men: 35-65 years Women: 45-65 years Both men and women: After age 65, as recommended by your physician based on risk factors	Every 5 years
Fecal occult blood testing	50+ years	Once per calendar year
Colonoscopy	50+ years	Once every 10 years, but not within 48 months of screening flexible sigmoidoscopy
Flexible sigmoidoscopy	50+ years	Once every 48 months
Barium enema	50+ years	Once every 5-10 years
HIV screening if at increased risk	Age 19 and over	Up to two times per calendar year
Services specific to men		
Abdominal aortic aneurysm ultrasound	65-75 years	Once per lifetime (for current or prior tobacco users)
Services specific to women		
Pap smear and pelvic exam	19-64 years (65 years and older as recommended by your provider)	No more than once per calendar year (recommended every 1-3 years or as advised by your provider)
Chlamydia and gonorrhea screening	19-24 years	Once per calendar year
Mammogram	40+ years	Once per calendar year
Bone density screening	Beginning at age 65 (or at age 60 as recommended by your physician based on risk factors)	Once every two calendar years