

# Use your preventive care benefits

Stay healthy and catch problems  
early for easier treatment



Our health plans offer all the preventive care services and immunizations below at no cost to you.<sup>1</sup>

If you are not sure which exams, tests, or shots are right for you, talk to your doctor.

## Preventive care vs. diagnostic care: Knowing the difference

**Preventive care** helps protect you from getting sick. If your doctor recommends services when you have no symptoms, that's preventive care. **Diagnostic care** is when you have symptoms, and your doctor recommends services to determine what's causing those symptoms.

## Adult preventive care

### General preventive physical exams, screenings, and tests (all adults):

- Alcohol and drug misuse: related screening and behavioral counseling
- Anxiety, depression, and suicide risk screenings
- Aortic aneurysm screening (for men who have smoked)
- Behavioral counseling to promote a healthy diet and physical activity
- High blood pressure (hypertension) screening
- Bone density test to screen for osteoporosis
- Cholesterol and lipid (fat) levels screening
- Colorectal cancer screenings, including fecal occult blood test, barium enema, flexible sigmoidoscopy (exam of the large intestine), screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)<sup>2</sup>
- Diabetes screening (type 2)<sup>3</sup>
- Exercise interventions to prevent falls in adults over age 65

- Hepatitis B virus (HBV) screening for people at increased risk of infection
- Hepatitis C virus (HCV) screening
- Hearing screening
- Height, weight, and body mass index (BMI) measurements
- Human immunodeficiency virus (HIV): screening and counseling
- Interpersonal and domestic violence: screening and counseling
- Lung cancer screening for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years<sup>2</sup>
- Obesity: related screening and counseling<sup>5</sup>
- Prostate cancer screenings, including digital rectal exam and prostate-specific antigen (PSA) test
- Sexually transmitted infections: related screening and counseling
- Syphilis infection screening for persons who are at increased risk
- Tobacco use: related screening and behavioral counseling
- Tuberculosis screening

#### **Women's preventive care:**

- Breast cancer screenings, including exam, mammogram, and genetic testing for BRCA1 and BRCA2 when certain criteria are met<sup>5</sup>
- Breastfeeding: primary care intervention to promote breastfeeding support, supplies, and counseling<sup>6,7,8/9</sup>
- Chlamydia and gonorrhea screening
- Contraceptive (birth control) counseling
- Counseling related to chemoprevention for those at high risk for breast cancer
- Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- Food and Drug Administration (FDA)-approved contraceptive medical services, including sterilization, provided by a doctor
- Human papillomavirus (HPV) screening<sup>7</sup>
- Pelvic exam and Pap test, including screening for cervical cancer
- Pregnancy screenings, including gestational diabetes, hepatitis B, asymptomatic bacteriuria, Rh incompatibility, HIV, healthy weight, preeclampsia, and depression<sup>7</sup>
- Urinary incontinence screening
- Well-woman visits

#### **Immunizations:**

- Diphtheria, tetanus, and pertussis (whooping cough)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps, and rubella (MMR)
- Meningococcal (meningitis)
- Monkeypox and/or smallpox (at risk)
- Pneumococcal (pneumonia)
- Respiratory syncytial virus (RSV)
- Severe acute respiratory syndrome coronavirus 2 (SARS CoV 2)(COVID-19)
- Varicella (chickenpox)
- Zoster (shingles)

## Child preventive care

### Preventive physical exams, screenings, and tests:

- Anemia screening
- Anxiety, depression, and suicide risk screenings
- Autism Spectrum Disorder (ASD) screening
- Blood pressure screening
- Cervical dysplasia (abnormal cell growth on the cervix) screening
- Cholesterol and lipid (fat) levels screening
- Development and behavior screening
- Diabetes screening (type 2)
- Hearing screening
- Height, weight, and BMI measurements
- Hemoglobin or hematocrit (blood count) screening
- Hepatitis B screening
- HIV screening
- Lead testing
- Newborn screening
- Obesity: related screening and counseling
- Ocular prophylaxis for Gonococcal Ophthalmia Neonatorum: Preventive medication: newborns
- Oral (dental health) assessment, when done as part of a preventive care visit
- Sexually transmitted infections: related screening and counseling
- Skin cancer counseling for those ages 6 months to 24 years with fair skin
- Sudden cardiac arrest/death risk assessment
- Tobacco, alcohol, and drug use assessments
- Vision screening for those ages 6 months to 5 years



### Immunizations:

- Chickenpox
- Flu
- Haemophilus influenzae type B (HIB)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Meningitis
- Measles, mumps, and rubella (MMR)
- Pneumonia
- Polio
- Respiratory syncytial virus (RSV)
- Rotavirus
- Severe acute respiratory syndrome coronavirus 2 (SARS CoV 2)(COVID-19)
- Whooping cough

If you'd like more help understanding your preventive care benefits, call the Member Services number on your health plan ID card.

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## ACA Preventive Care OpsBox FAQ

Please review the FAQs below and if you don't find the answer to your question you can submit your ACA Preventive Care questions here [ACA Preventive Care OpsBox](#).

Q: How does Elevance determine if a service should be covered as Preventive?

*A: Services and drugs considered to be preventive are determined by the US Preventive Service Task Force (USPSTF), Advisory Committee for Immunization Practices (ACIP), and the Health Resources and Services Administration (HRSA). USPSTF recommendations graded either an "A" and "B" are considered preventive services. Also included is the American Academy of Pediatrics Bright Futures guidelines. As new recommendations or guidelines are released, a cross-functional team of Elevance Health associates – including coding experts, medical directors, system analysts, pharmacy, product and legal – work together to determine necessary system updates that are leveraged consistently across our enterprise for both ASO and Fully Insured business. There is a level of interpretation that occurs to translate the recommendations or guidelines into medical CPT codes which Elevance Health considers proprietary.*

Q: What plans must provide coverage for ACA Preventive Services?

*A: Under Section 2713 of the ACA, private health plans must provide coverage for a range of preventive services and may not impose cost-sharing (such as copayments, deductibles, or co-insurance) on patients receiving these services. These requirements apply to all private plans – including individual, small group, large group (FI), and self-insured (ASO) plans in which employers' contract administrative services to a third-party payer – except for those plans that maintain "grandfathered" status.*

Q: Are Preventive services covered at 100%?

*A: Preventive care for ACA-compliant, non-grandfathered plans are covered at 100%, no member cost share when provided by in-network, licensed providers.*

Q: What is a "grandfathered" group?

*A: To be classified as "grandfathered," plans must have been in existence prior to March 23, 2010, and cannot make significant changes to their coverage (for example, increasing patient cost-sharing, cutting benefits, or reducing employer contributions). Plans that maintain the grandfathered status are not required by law to provide coverage for these preventive services. Refer to the member specific EOC for details on how benefits are covered under a grandfathered plan.*

Q: Does the ACA Preventive team ensure compliance with individual State Mandates?

*A: No, The ACA Preventive team only follows federal recommendations *considered to be preventive determined by the US Preventive Service Task Force (USPSTF), Advisory Committee for Immunization Practices (ACIP), Health Resources and Services Administration (HRSA), and the American Academy of Pediatrics Bright Futures guidelines. Any State Mandates that go above and beyond ACA Preventive Care would be the responsibility of those plans to ensure compliance with the mandate.**

Q: Where can we access a code-based list of services covered as Preventive?

*A: Only members of the ACA Preventive Care team have access to code-based lists because they are proprietary to Elevance Health and we do not want old versions of the lists being circulated. You can view our provider marketing fliers which includes a full list of covered Preventable services.*

*ACA Preventive Care Flier*

*ACA Preventive Drug List Flier*

Q: My question is about a Preventive Health Guideline?

*A: These are different than ACA Preventive Care recommendations or guidelines. The preventive health guidelines are meant to be a compilation of preventive health guidelines from various organizations that may be or may not be those that Anthem need to abide by for ACA Preventive Care. The owner of the Preventive Health Guidelines is Julie Zepeda Herrera.*

Q: Does Elevance cover expanded preventive care for chronic conditions?

*A: This is separate from ACA Preventive Care. There was an IRS notice that was released back in 2019 that allowed CDH Planned to have a certain drug services and devices that help our members manage their chronic conditions to be covered before the deductible. Subsequently, there have been business decisions made by Small Group and Large Group to enable this benefit to be offered beyond CDH so that the medical services and devices are covered at 100% for many of our medical plans. There tends to be some confusion between what those services are and what our ACA preventive care services are; there is not overlap between the code lists. You can find the code list for the IRS Notice [here](#). Greg Winebrenner is the best contact.*

Q: Does Elevance cover well-women visits: including pre-pregnancy, prenatal, postpartum, and interpregnancy visits?

*A: Maybe, WPSI recommends that women receive at least one preventive care visit per year. While the recommendation notes that preventive services may be completed as a single visit or as part of a series and may include pre-pregnancy, prenatal, postpartum and interpregnancy visits, the guideline does not specify all pre-pregnancy, prenatal, postpartum and interpregnancy visits as "preventive visits".*

Q: Does Elevance cover Colonoscopies as Preventive?

*A: Yes, The USPSTF continues to recommend with an "A" rating screening for colorectal cancer in all adults aged 50 to 75 years and extended its recommendation with a "B" rating to adults aged 45 to 49 years. You can view the provider notification for more information [here](#).*

Q: If a member (age 45-75 years) has a positive stool-based colorectal cancer screening test (e.g., FIT, FOBT, and fecal DNA) or direct visualization screening test (e.g., sigmoidoscopy or CT colonography), and has a follow up colonoscopy, is the colonoscopy included in the preventive care services benefit?

*A: Yes, in this situation, the colonoscopy would be considered under the preventive care services benefit when billed in accordance with the coding in the Colorectal Cancer Screening.*

Q: If a polyp is encountered during a preventive screening colonoscopy, are future colonoscopies considered under the preventive care services benefit?

*A: No. If a polyp is removed during a preventive screening colonoscopy, future colonoscopies would normally be considered to be diagnostic because the time intervals between future colonoscopies would be shortened.*

Q: Do any preventive care services require prior-authorization?

*A: Yes, certain services may require prior-authorization and you should reference Managed Authorization Rules System (MARS) for your specific plan/group to verify if the procedure requires prior-authorization.*