

\$0 Preventive Care Services

Staying up to date with your preventive care is key to maintaining and improving your health and well-being. That's because, through prevention, diseases can be detected and treated early.

We want you to Know Your ZeroSM, so you're aware of all the \$0 preventive services offered to keep you healthy. Preventive services are even excluded from deductibles – so those enrolled in a deductible plan can enjoy \$0 preventive services right from the start! It's just one way we're making it easier for you to stay healthy.



Top 10 List of FREE Preventive Services

- Annual Routine Checkup*
- Cholesterol Screening
- Colonoscopy Screening
- Diabetes Screening
- High Blood Pressure Screening
- Immunizations
- Mammography Screening
- Prostate Testing
- Well-Child Visit*
- Well-Woman Visit*

Additional FREE Preventive Services

- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Behavioral Counseling Intervention
- Aspirin Therapy Discussion for Prevention of Cardiovascular Disease
- Aspirin Therapy for Prevention of Cardiovascular Disease
- Asymptomatic Bacteriuria Screening in Pregnant Women
- Bone Density (Osteoporosis Screening)
- Breast and Ovarian Cancer Susceptibility, Genetic Testing**
- Breast Cancer Preventive Medications
- Breast Feeding – Primary Care Intervention to Promote Breast Feeding
- Breast Feeding Supplies
- Breast Feeding Support and Counseling
- Chlamydia Screening
- Congenital Hypothyroidism Screening
- Contraceptive Methods and Counseling
- Dental Caries in Preschool Children, Treatment – Flouride
- Depression Screening (Adults)
- Falls Prevention in Older Adults (includes Vitamin D Supplementation)
- Folic Acid – Daily Supplement
- General Health Panel with Basic Metabolic Panel
- Gonorrhea – Prophylactic Medication for Newborns
- Gonorrhea Screening
- Healthy Diet Counseling
- Hearing Loss Screening for Newborns

Independent
Health®

- Hepatitis B Virus Infection, Screening
- Hepatitis C Screening
- HIV Counseling
- HIV Screening
- HPV Screening
- Interpersonal and Domestic Counseling
- Interpersonal and Domestic Violence Screening
- Iron Deficiency in Pregnant Women Testing
- Iron Supplementation for Iron Deficiency in Pregnant Women
- Iron Supplementation in Children 6–12 Months
- Lead Screening
- Lipid Screening (Cardiovascular Screening)
- Major Depressive Disorder Screening for Children and Adolescents
- Obesity Screening – Adults and Children
- Oral Contraceptives
- Over-the-Counter Contraceptive Drugs and Devices
- Pap Smear Collection and Preparation
- Phenylketonuria Screening (Children)
- Prenatal Visit* and One (1) Post-Partum Visit*
- Preventive Laboratory Services
- Rh(D) Incompatibility Screening in Pregnant Women
- Sexually Transmitted Infections Counseling
- Sickle Cell Disease Screening
- Smoking Cessation Counseling
- Smoking Cessation Intervention Pharmacotherapy
- Syphilis Screening
- Visual Impairment Screening (for Children Younger than 5 Years Old)

These services are covered in full one time per plan year when rendered by an in-network/participating provider.

Please keep in mind, a well visit or preventive service can sometimes turn into a “sick visit,” in which you will be responsible for paying an office visit copay or, if enrolled in a deductible plan, all charges until your deductible level is met. There may be other services performed in conjunction with the above preventive care services. These other services will be subject to any applicable liability as described in your contract.

* Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as an Evaluations and Management code (E&M code).

** Please note: BRCA mutation screening requires prior authorization to review for medical necessity based on product. Reference the following policy for additional information: Breast Cancer Susceptibility 1 and 2 (BRCA ½) Sequence Testing for Susceptibility to Hereditary Breast Cancer and BRCA Analysis® Rearrangement Test (BART test).