

\$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. Even those enrolled in a deductible health plan can enjoy FREE preventive services from the start! It's just one of the ways we're here to help you get and stay healthy.



Top 10 List of FREE Preventive Services

- Annual Routine Checkup*
- Cholesterol Screening
- Colonoscopy Screening
- Diabetes Screening
- High Blood Pressure Screening
- Mammography Screening
- Pap Smear Collection and Preparation
- Vaccinations
- 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, Colorectal Cancer or Pre-eclampsia
- Asymptomatic Bacteriuria Screening in Pregnant Women
- Behavioral/Social/Emotional Screening, Newborn to 21 Years Old
- 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
- Cardiac Arrest Assessment, 11-21 Years Old
- Chlamydia Screening
- Colonoscopy Pre-operative Visits
- Colonoscopy Preparation with Prescription
- Congenital Hypothyroidism Screening
- Contraceptive Drugs and Devices, including both Prescription and Over-the-Counter Products
- Contraceptive Methods and Counseling
- Dental Caries in Preschool Children, Treatment — Fluoride Supplementation
- Depression Screening (Adults)
- Depression Screening (Maternal)
- Diabetes Screening
- Diabetic Equipment and Supplies***
- Diabetes Prevention Program
- Drug Abuse Screening
- Falls Prevention in Older Adults (Exercise or Physical Therapy)
- Fluoride Varnish
- Folic Acid — Daily Supplement for Women During Pregnancy
- Gonorrhea — Prophylactic Medication for Newborns
- Gonorrhea Screening
- Health Risk Assessment
- Healthy Diet Counseling

- Hearing Loss Screening for Newborns
- Hepatitis B Virus Infection, Screening
- Hepatitis C Screening
- Hepatitis Virus Assessment, Newborn to 21 Years Old
- High Blood Pressure Screening
- HIV Counseling
- HIV Preexposure Prophylaxis for Prevention of HIV Infection***
- HIV Screening
- HPV Screening
- Intensive Behavioral Therapy for Cardiovascular Disease
- Interpersonal and Domestic Counseling
- Interpersonal and Domestic Violence Screening
- Latent Tuberculosis Infection Screening
- Lead Screening
- Lipid Screening (Cardiovascular Screening)
- Lung Screening- Low Dose CT
- Major Depressive Disorder Screening for Children and Adolescents
- Obesity Screening – Adults and Children
- Oral Contraceptives
- Over-the-Counter Contraceptive Drugs and Devices
- Pediatric Preventive Health Care – “Bright Futures”
- Perinatal Depression – Counseling and Intervention
- Phenylketonuria Screening (Children)
- Pre-eclampsia Screening: Pregnant Women
- Prenatal Visit* and One (1) Postpartum Visit*
- Preventive Laboratory Services
- Prescription Drugs including:
 - Select Angiotensin-Converting Enzyme (ACE) Inhibitors for Blood Pressure****
 - Select Antidepressants****
 - Select Oral Anti-Diabetic Medications****
 - Select Statin Medications****
 - Select Beta-Blockers for Blood Pressure****
 - Select Oral Medications for Osteoporosis****
- Prostate Screening
- Rh(D) Incompatibility Screening in Pregnant Women
- Screening for Suicide Risk, 12-21 Years Old
- Screening for Urinary Incontinence
- Sexually Transmitted Infections Counseling
- Sickle Cell Disease Screening
- Skin Cancer Behavioral Counseling
- Smoking Cessation Counseling
- Smoking Cessation Intervention Pharmacotherapy
- Syphilis Screening
- Tobacco Use in Children and Adolescents
- Unhealthy Drug Use Screening
- Visual Impairment Screening (for Children Younger than 5 Years Old)
- Weight Loss to Prevent Obesity Behavioral interventions – Adults

These services are covered in full when rendered by an in-network/participating provider. Some preventive services need to meet specific criteria. Please call Member Services at (716) 631-8701 or 1-800-501-3439 for clarification of coverage.

Please keep in mind, a routine checkup (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, which are 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 service not billed as an Evaluations and Management (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 BRCAAnalysis® Rearrangement Test (BART).

*** Not available for Standard or FEHB members.

**** Applicable to plans that have fully insured prescription drug coverage, excluding Standard and FEHB plans.

Preventive Care Services are: Items or services with an “A” or “B” rating from the United States Preventive Services Task Force; immunizations pursuant to the Advisory Committee on Immunization Practices (“ACIP”) recommendations; and preventive care and screenings that are provided for in the comprehensive guidelines supported by the Health Resources and Services Administration (“HRSA”). These services are subject to change based on the recommendations and guidelines of these agencies. A complete list is available on our website at independenthealth.com/preventive or by contacting Independent Health.

Verbal translation, alternate formats of written materials, and/or assistance for those with special needs, may be available upon request. Traducción verbal, formatos alternativos de materiales escritos y/o asistencia para quienes tienen necesidades especiales, disponibles a solicitud.

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