



Preventive health guidelines and other screenings

Your health is very important to us and requires a key step from you: stay up-to-date on your preventive care! We believe that health promotion and disease prevention are valuable tools in the detection and treatment of preventable illnesses.

Take advantage of these services.

- No prior authorization is required when using an in-network provider
- Services are available at no cost to you
- Annual services do not need to be scheduled 12 months apart – you may have your preventive services one time per calendar year

For questions regarding your benefits, please contact our Member Services Team at (800) 752-5863. For TTY/TDD, call toll-free (877) 652-1844. If you need us to translate this letter, please call (800) 892-0675. This is a free service.

Important note:

- Services performed outside of these guidelines and with a medical diagnosis will be applied to your deductible and coinsurance.
- These services are provided to you as listed, unless otherwise stated in your plan document (i.e. Summary Plan Description/Policy/Certificate of Insurance).

Child and adolescent

Screening/prevention	Age	Benefit
Anemia screening	0-18 years	Allowed once per calendar year – hemoglobin or hematocrit test
Autism screening	18-24 months	Allowed in office setting during preventive exam only
Cholesterol screening	0-18 years	Allowed twice between ages indicated
Dental Cavities Prevention - Fluoride treatment	0-6 years	Allowed application of fluoride varnish to the primary teeth in a primary care office setting during preventive exam only
	6 months and older	Allowed as oral fluoride supplements for children whose water supply is fluoride deficient
Depression screening	11-18 years	Allowed in office setting during preventive exam only
Developmental screening	9, 18 and 30 months	Allowed in office setting during preventive exam only (with validated tool)
Hearing/vision screening	0-18 years	Allowed in an office setting during preventive exam only, once per calendar year
Hepatitis B virus screening	0-18 years	Allowed for at risk members
Immunizations		For a list of covered immunizations, please visit: www.cdc.gov/vaccines or call Member Services at (800) 752-5863
Iron supplements	6-12 months	Allowed for children at risk for iron deficiency anemia
Lead screening	12 & 24 months	Allowed once at each age indicated
Neonatal screenings	Newborn	All government mandated neonatal screenings tests and treatments including but not limited to: screening for hearing loss, hypothyroidism, PKU, congenital heart disease, bilirubin and sickle cell anemia
Obesity screening and counseling	6 years and older	Allowed as needed with referral to comprehensive, intensive behavioral interventions to promote improvement in weight status
Sexually Transmitted Disease screening	11-18 years	Allowed as counseling and screening for all at risk adolescents (includes chlamydia, gonorrhea, syphilis and HIV) at each exam
HIV screening	15-18 years	Allowed once for at risk members
Tuberculosis screening	0-18 years	Allowed as needed upon positive screening questions
Well child office visits - Under 3 years of age	3 to 5 days old and at 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months	Allowed once for each age indicated. Visit to include information on development, behavior, safety and injury prevention, sleep positions, feeding and diet, daily care, physical activity, dental care, weight and length and head circumference (if applicable). Screening for socio-economic health, caregiver/maternal depression, social determinants of health, dental home and dental risk assessment.
Well child visits - 3+ years of age	3 years and older	Allowed once per calendar year. Visit to include information on height and weight, Body Mass Index (BMI), blood pressure, dental care, exercise and physical activity, diet and nutrition, counseling for obesity, sun exposure and safety and injury prevention. When appropriate, the following will be addressed/screened for: alcohol use, sexual behavior and Sexually Transmitted Diseases, education and brief counseling on tobacco use in school aged children and adolescents, suicide prevention, socio-economic health, caregiver depression, social determinants of health, dental home and dental risk assessment and drug education. For ages 3 to 5 years of age, a vision screening using the Snellen Eye Chart is allowed

Adult

Screening/prevention	Age	Benefit
Abdominal aortic aneurysm screening	Men only: ages 65-75	Allowed one ultrasound screening per lifetime for males who have smoked
Anemia screening	18 and older	Allowed one per calendar year - Hemoglobin or Hematocrit test
Aspirin to prevent cardiovascular disease	50-59	Allowed for members at risk for developing cardiovascular disease
Basic Metabolic Panel	18 and older	Allowed one per calendar year
Cholesterol screening for men and women	18 and older	Allowed once for member between ages 18-24 Allowed one every 5 years for members age 25-44 Allowed one per calendar year for members age 45 and over NOTE: Additional tests, such as comprehensive metabolic panels will be applied to your deductible/coinsurance.
Colorectal cancer screening	50 and older	Allowed once every 10 years - colonoscopy (includes tissue sample analysis and anesthesia charges) OR Allowed once every 5 years - flexible sigmoidoscopy. OR Allowed once every 3 years - stool DNA test OR Allowed once every year - fecal occult blood/fecal immunochemical test (FIT) NOTE: Colonoscopy expenses due to a medical condition will be applied to your deductible/coinsurance, unless otherwise specified.
Diabetes screening	40 to 70	Allowed as blood sugar testing to screen for diabetes in adults as part of a cardiovascular risk assessment
Falls prevention in older adults: Exercise or physical therapy	65 and older	Allowed as exercise or physical therapy to prevent falls for members at increased risk for falls
Falls prevention in older adults: Vitamin D supplement	65 and older	
Hepatitis B Virus infection screening	18 and older	Allowed for at risk adults
Hepatitis C Virus (HCV) infection screening	18 and older	Allowed once lifetime for members born between 1945-1965 OR Allowed once per lifetime for members at risk
Immunizations		For a list of covered immunizations, please visit: www.cdc.gov/vaccines or call Member Services at (800) 752-5863
Lung cancer screening	55-80 years	Allowed once per calendar year for members: with a 30 pack-year smoking history, who currently smoke, or have quit smoking within the past 15 years
Prostate Specific Antigen (PSA)	Men only:50 and older	Allowed once per calendar year for men over age 50 if indicated after discussion with a physician
Sexually Transmitted Disease screening	18 and older	Allowed as counseling and screening (includes chlamydia, gonorrhea, syphilis and HIV) for all at risk adults at each exam
Tuberculosis Screening	18 and older	Allowed for adults at risk
Wellness exam	18 and older	Allowed as once per calendar year. Exam includes health advice and counseling on blood pressure, counseling and interventions on tobacco use, screening and counseling for alcohol use, sun exposure, screening for depression, obesity screening and behavioral interventions for patients with a body mass index of 30 or higher and referrals to intensive behavioral counseling to promote a healthful diet and physical activity to decrease cardiovascular risk in adults that are overweight or obese and with cardiovascular disease risk factors

Women's health

Screening/prevention	Age	Benefit
Anemia screening		Allowed for pregnant women
Bacteriuria screening		Allowed in pregnant women at 12 to 16 weeks gestation or at the first prenatal visit, if later
Breast cancer preventive medications		Allowed for women at increased risk for breast cancer
Breast cancer screening	40 and older	Allowed once per calendar year for women
Breastfeeding supplies, support and counseling		Allowed one breast pump (electric or manual, nonhospital grade) per pregnancy along with replacement tubing, breast shields, and splash protectors are covered when obtained from a Sanford Health Plan contracted durable medical equipment provider. Consultations with a lactation (breastfeeding) specialist are also covered
Cervical cancer screening	21-65 years	Allowed one Pap smear testing every 3 years for women 21 to 29 years of age OR Allowed one Pap smear testing every 3 years or once every 5 years if HPV test performed for women age 30 to 65 years of age
Counseling and interventions to prevent tobacco use		Allowed for all pregnant women that use tobacco products
Family planning		Allowed for select barrier methods, intrauterine devices, sterilization and contraceptives as listed on the formulary. For specific information, contact Member Services at (800) 752-5863
Folic acid supplements		Allowed for women planning to become pregnant or in their childbearing years
Genetic counseling and evaluation for BRCA Testing and BRCA lab screening		Allowed for women who have family members with breast, ovarian, tubal, or peritoneal cancer with an increased risk for potentially harmful mutations in breast cancer susceptibility genes (BRCA1 or BRCA2). Women with positive screening results should receive genetic counseling and, if indicated after counseling, BRCA testing
Gestational diabetes screening		Allowed for all pregnant women after 24 weeks gestation
Hepatitis B virus infection screening		Allowed for all pregnant women
HPV testing	30 and older	Allowed for women over age 30 years old
Intimate partner violence screening		Allowed for women of childbearing age and referral for women with a positive screening to intervention services
Osteoporosis screening	65 and older	Allowed once per lifetime for women age 65 and older or younger women if at increased risk for fractures
Preeclampsia prevention		Allowed for pregnant women with high risk for preeclampsia that are 12+ weeks gestation
Rh incompatibility screening		Rh blood typing allowed if biological father is unknown
Sexually Transmitted Disease screening		Allowed as counseling and screening (includes chlamydia, gonorrhea, syphilis and HIV) for all pregnant women
Tuberculosis Screening	18 and older	Allowed for adults at risk

*Please note: These services are provided as listed, unless your plan document (SPD/COC) states otherwise.