



## Preventive health guidelines and other screenings

Sanford Health Plan is committed to helping you stay healthy. We believe staying up to date with preventive health care is a key part of disease prevention.

Take advantage of these services! Preventive care and screenings are available for no cost, or very low cost, if using an in-network provider. Pre-approval is not necessary and services can be received once per calendar year.

For questions, please contact Customer Service by calling the number on the back of your member ID card.

*Services are provided as listed, unless your plan document(s) state otherwise. If non-preventive services are provided during a preventive visit, an additional office visit charge may be billed and reimbursed per your benefit plan.*

### Preventive versus diagnostic care

<p><b>Free Preventive Care</b></p>	<ul style="list-style-type: none"> <li>• Tests used to prevent or identify health problems and you do not have symptoms.</li> <li>• Tests are done for screening purposes and may be based on age and/or family history.</li> <li>• You have not been diagnosed with a medical issue.</li> </ul>
<p><b>Diagnostic Care</b> If a service is billed as diagnostic, a copay, deductible and/or coinsurance may apply.</p>	<ul style="list-style-type: none"> <li>• You have a symptom, are sick or are being seen because of a known medical issue.</li> <li>• Your provider wants to monitor, diagnose or treat a health problem(s).</li> </ul>

Service Name	Group	Age/Frequency If no frequency specified, service is allowed once per calendar year.
Abdominal aortic ultrasound screening	Men	Age 65-75, once per lifetime
Alcohol use screening	Children/ Adolescents, Men, Women	Age 11 and older
Anemia screening	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Once between 9 and 15 months</li> <li>• Once every calendar year for ages 4 and older</li> </ul>
Aspirin	Men, Women	<ul style="list-style-type: none"> <li>• Age 50-59 if at risk for developing cardiovascular disease</li> <li>• Generic, dose less than or equal to 325 mg</li> </ul>
Bacteriuria (urine infection) screening	Women	Pregnant women
Basic metabolic panel (BMP)	Children/ Adolescents, Men, Women	Once every calendar year
Blood pressure screening	Men, Women	Includes pregnant women for preeclampsia
Breast cancer screening (mammogram)	Women	Age 40 and older
Breast feeding support, counseling and supplies	Women	<ul style="list-style-type: none"> <li>• During pregnancy and after birth</li> <li>• One non-hospital grade pump allowed per pregnancy</li> </ul>
Cervical cancer screening <ul style="list-style-type: none"> <li>• PAP test</li> <li>• HPV DNA with PAP test</li> </ul>	Women	<ul style="list-style-type: none"> <li>• Age 21-65 every 3 years</li> <li>• Age 30-65 every 5 years</li> </ul>
Chlamydia infection screening	Children/ Adolescents, Women	<ul style="list-style-type: none"> <li>• Sexually active women age 11-24</li> <li>• Older women at risk for infection</li> </ul>
Cholesterol (lipid disorders) screening	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Children/Adolescents with risk factors between ages 2-8 and 12-16</li> <li>• Children/Adolescents/Adults once between ages 9-11, 17-21 and 22-24</li> <li>• Once every 5 years between age 25-44</li> <li>• Once every calendar year age 45 and older</li> </ul>
Colon cancer screening	Men, Women	Age 50-75 at interval shown below: <ul style="list-style-type: none"> <li>• Colonoscopy every 10 years (includes anesthesia and tissue sample analysis)</li> <li>• Stool for occult blood every year</li> <li>• Fecal immunochemical test (FIT) every year</li> <li>• Stool DNA (Cologuard) testing every 3 years</li> <li>• Flexible sigmoidoscopy every 5 years</li> </ul>
Contraception counseling/ education, products and services	Children/ Adolescents, Women	Available to women able to become pregnant
Counseling for sexually transmitted diseases (STDs)	Children/ Adolescents, Women	Age 11-25
Depression screening	Children/ Adolescents, Men, Women	Age 12 and older
Developmental/autism screening	Children/ Adolescents	<ul style="list-style-type: none"> <li>• Developmental screen at age 9, 18, 24 months</li> <li>• Autism screen at 18 and 24 months</li> </ul>
Diabetes screening	Men, Women	Age 40-70 for adults who are overweight or obese and pregnant women

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Discussion about potential benefits/risk of preventive breast cancer medication	Women	
Domestic and interpersonal violence screening	Women	
Fall prevention screening	Men, Women	Age 65 and older, includes physical therapy and Vitamin D
Fluoride application	Children/ Adolescents	Age 0-5 in primary care setting
Folic acid supplements	Women	<ul style="list-style-type: none"> <li>• Generic, 0.4-0.8 mg dose</li> <li>• Allowed for women planning to become pregnant or in their childbearing years, younger than age 51</li> </ul>
Generic cholesterol (statin) medications	Men, Women	Age 40-75 with at least one cardiovascular risk factor but no cardiovascular disease
Genetic counseling and evaluation for BRCA testing and BRCA lab screening	Women	<ul style="list-style-type: none"> <li>• Once per lifetime</li> <li>• <b>Prior authorization required</b> for genetic testing</li> </ul>
Gonorrhea infection screening	Children/ Adolescents, Women	<ul style="list-style-type: none"> <li>• Sexually active women age 11-24</li> <li>• Older women at risk for infection</li> </ul>
Healthy diet and physical activity counseling	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Age 6 and older to promote improvement in weight status</li> <li>• Overweight or obese adults with risk factors for cardiovascular disease</li> </ul>
Hearing screening	Children/ Adolescents, Men, Women	<p>One screening:</p> <ul style="list-style-type: none"> <li>• At birth</li> <li>• At ages 4, 5, 6, 8, 10 months if needed</li> <li>• Between age 11-14</li> <li>• Between age 15-17</li> <li>• Between age 18-21</li> </ul>
Hepatitis B virus infection screening	Children/ Adolescents, Men, Women	Pregnant women or Members at high risk for infection
Hepatitis C virus infection screening	Men, Women	Members at high risk for infection or born between 1945 and 1965, allowed once per lifetime
Human Immunodeficiency Virus (HIV) screening	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• One screening between age 15-18</li> <li>• One screening for pregnant women</li> <li>• One test annually for adults over age 18</li> </ul>
Immunizations Covered if given per CDC schedule.	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP, Tdap, Td)</li> <li>• Meningococcal (MCV)</li> <li>• Haemophilus influenzae type b conjugate (Hib)</li> <li>• Pneumococcal (pneumonia)</li> <li>• Hepatitis A (HepA)</li> <li>• Poliovirus (IPV)</li> <li>• Hepatitis B (HepB)</li> <li>• Rotavirus (RV)</li> <li>• Human papillomavirus (HPV) (age and gender criteria apply depending on vaccine brand), Varicella (chickenpox)</li> <li>• Influenza (flu) vaccine</li> <li>• Zoster (shingles)</li> <li>• Measles, mumps and rubella (MMR)</li> </ul>
Lead screening	Children/ Adolescents	<ul style="list-style-type: none"> <li>• Once at age 12 months</li> <li>• Once at age 24 months</li> </ul>

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Lung cancer screening (low dose CT scan)	Men, Women	Adults age 55-80 who have a 30 pack/year smoking history and currently smoke or have quit within the past 15 years
Newborn screenings	Children	Newborns age 0-90 days: <ul style="list-style-type: none"> <li>• Hearing screening</li> <li>• Hypothyroidism screening</li> <li>• PKU screening</li> <li>• Sickle cell screening</li> <li>• Bilirubin screening</li> <li>• Metabolic screening panel</li> </ul>
Obesity screening	Children/ Adolescents, Men, Women	
Osteoporosis screening	Women	Age 65 and older, or if at risk
Prostate specific antigen (PSA) screening	Men	Age 50 and older
RH incompatibility screening	Women	Pregnant women, repeated Rh(D) testing at 24-28 weeks if indicated
Sexually transmitted disease (STD) counseling	Adolescents	Sexually active adolescents
Skin cancer prevention counseling to minimize UV exposure	Children/ Adolescents, Men, Women	Age 10-24
Syphilis infection screening	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• Individuals at risk</li> </ul>
Tobacco use cessation/ interventions	Men, Women	Includes pregnant women for preeclampsia
Tobacco use prevention counseling	Children/ Adolescents	
Tuberculosis (TB) screening	Men, Women	Age 18 and older, if at increased risk, every 5 years
Tuberculosis (TB) test	Children/ Adolescents	Allowed as needed age 0-18 if screening questions are positive
Visual impairment screening (Snellen exam)	Children/ Adolescents	Children under age 6
Wellness exams (well baby, well child and well person exams, including annual well woman checkups)	Children/ Adolescents, Men, Women	<ul style="list-style-type: none"> <li>• Once at 3-5 days old, and 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months old</li> <li>• Yearly for age 4 and older</li> </ul> <p>Includes age and gender appropriate health advice and information about:</p> <ul style="list-style-type: none"> <li>• Dental care</li> <li>• Visual acuity (Snellen) exam</li> <li>• Exercise and physical activity</li> <li>• Diet and nutrition</li> <li>• Counseling for obesity</li> <li>• Hearing screening</li> <li>• Safety/injury prevention</li> <li>• Screening for alcohol, tobacco use, drugs, sexual behavior/STDs, and suicide if appropriate</li> </ul>