AULTCARE

PREVENTIVE CARE BENEFITS AND SERVICES

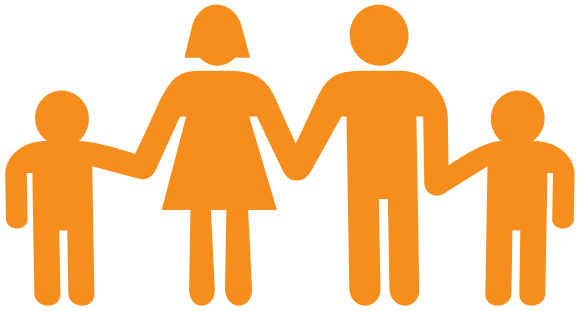
Preventive care is one of the most important steps you can take to manage your health. Routine preventive care can identify and address risk factors before they lead to illness. When you prevent illness, it helps reduce your healthcare costs. You should work with your doctors to help you follow these guidelines and address your specific health concerns.

CHILD PREVENTIVE CARE (BIRTH TO AGE 21)

- Preventive physical exams
- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Blood pressure screening
- Cholesterol and lipid level screening
- Dental cavities prevention including application of fluoride varnish on all primary teeth (up to age 17)
- Depression and anxiety screening
- Developmental and psycho-social behavioral assessments
- Hearing screening for newborns
- Lead exposure screening
- Newborn gonorrhea prophylaxis
- Newborn screenings, including sickle cell anemia
- Screening and behavioral counseling related to tobacco and drug use
- Screening and counseling for obesity
- Screening and counseling for sexually transmitted infections
- Screenings for heritable diseases in newborns
- Tuberculosis screening
- Vision screening
- Hepatitis B screening if at high risk for infections

CHILD IMMUNIZATIONS

- Coronavirus disease 2019 (COVID-19)
- Diphtheria, tetanus, pertussis
- Haemophilus influenza type B
- Hepatitis A & B
- Human papilloma virus
- Influenza (flu shot)
- Measles, mumps, rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Polio
- Respiratory syncytial virus (RSV)
- Rotavirus
- Varicella (chicken pox)



ADULT PREVENTIVE CARE (AGE 21 AND OLDER)

- Preventive physical exam
- Abdominal aortic aneurysm screening
- Blood pressure screening
- Cholesterol and lipid level screening
- Colorectal cancer screening including fecal occult blood test, flexible sigmoidoscopy or colonoscopy
- Depression and anxiety screening
- Diabetes screening
- Hepatitis B screening if at high risk for infections
- Hepatitis C screening if at high risk (or one-time screening for adults born 1945 to 1965)
- HIV screening
- Screening and counseling for sexually transmitted infections
- Screening for lung cancer
- Tuberculosis screening

COUNSELING AND EDUCATION INTERVENTIONS

- Behavioral counseling to prevent skin cancer
- Behavioral counseling to promote a healthy diet
- Counseling related to aspirin use for the prevention of cardiovascular disease
- Prevention of falls in older adults
- Screening and behavioral counseling related to unhealthy alcohol and drug use
- Screening and behavioral counseling related to tobacco abuse
- Screening and nutritional counseling for obesity

AULTCARE

PREVENTIVE CARE BENEFITS AND SERVICES

ADULT IMMUNIZATIONS

- Coronavirus disease 2019 (COVID-19)
- Hepatitis A & B
- Herpes zoster (shingles)
- Human papilloma virus
- Influenza (flu shot)
- Measles, mumps, rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Polio
- Respiratory syncytial virus (RSV)
- Tetanus, diphtheria, pertussis

PRESCRIPTION DRUGS

- Aspirin
- Colonoscopy preparations
- Fluoride
- Folic acid
- Medication to reduce the risk of primary breast cancer in women
- Smoking cessation aids
- Ferrous sulfate drops
- Statin therapy
- Contraceptives
- PrEP

WOMEN'S SERVICES

- Breast and ovarian cancer susceptibility screening, counseling and testing (including BRCA* testing)
- Comprehensive breast cancer screening
- Breastfeeding counseling and rental of breast pumps and supplies up to the purchase price
- Bone density test to screen for osteoporosis
- Cervical cancer screening (Pap test)
- Chlamydia screening
- Discussion of chemoprevention with women at high risk for breast cancer
- FDA-approved contraception methods and counseling for women, including sterilization
- HPV DNA Testing
- Lactation classes
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, gonorrhea, chlamydia, iron deficiency anemia, alcohol misuse, tobacco use, HIV, gestational diabetes)
- Prenatal care and behavioral health counseling for healthy weight and weight gain
- Screening and counseling for interpersonal and domestic violence
- Well women visits
- Perinatal depression counseling and intervention

The screenings and immunizations listed in this summary include services required by healthcare reform (the Patient Protection and Affordable Care Act). For plan years beginning on or after September 23, 2010, non-grandfathered health plans must cover these routine immunizations and other services that are recommended by the United States Preventive Services Task Force A or B, and by other organizations such as Bright Futures, endorsed by the American Academy of Pediatrics. Please note: Some services and products may be subject to age, gender or other restrictions and are subject to change. Refer to uspreventiveservicestaskforce.org or Healthcare.org for details. In addition, some prescription drugs or services may be subject to medical management techniques, such as prior authorization, quantity limits, etc.

If these services are performed by a network provider, members cannot be charged a coinsurance or deductible. Out-of-network charges may apply if the services are performed by a non-network provider.

*All genetic testing, including BRCA testing, requires prior authorization.