

List of Covered Preventive Care Services



WellSense covers preventive health services. These are services to prevent disease or injury rather than diagnose or treat a complaint or symptom. These services are provided by your PCP, network obstetrician or other qualified network providers. To be covered, all preventive health services must be provided in accordance with the plan's medical policy guidelines and with applicable laws and regulations.

Important Information:

In some cases a diagnosis code may be required to define a service as preventive, screening, counseling, or wellness. Additionally, these preventive services may be subject to limitations depending on medical necessity and other reasonable medical management criteria.

In the course of receiving certain outpatient services (which may or may not be subject to cost sharing), you may also receive other covered services that require separate cost sharing. For example, during a preventive health services office visit (no cost sharing), you may have a lab test to check your TCH level and because this test is not preventive you may be responsible for cost-sharing for this service.

Some services may start as preventive (no cost sharing) but during the course of the visit or procedure an additional service may be medically necessary. The removal of the polyp may result in changing a preventive procedure to a diagnostic procedure resulting, you may then be responsible for cost sharing for this service.

Please feel free to [contact our Member Services team](#) with questions.

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



Service (Based on Grade A & Grade B Recommendations from the U.S. Preventive Service Task Force – USPSTF)	Description	Frequency
<p>Abdominal Aortic Aneurysm: Screening: men aged 65 to 75 years who have ever smoked</p>	<p>The USPSTF recommends 1-time screening for abdominal aortic aneurysm (AAA) with ultrasonography in men aged 65 to 75 years who have ever smoked.</p>	<p>1 per lifetime</p>
<p>Anxiety Disorders in Adults: Screening: adults 64 years or younger, including pregnant and postpartum persons.</p>	<p>The USPSTF recommends screening for anxiety disorders in adults, including pregnant and postpartum persons.</p>	
<p>Anxiety in Children and Adolescents: Screening: children and adolescents aged 8 to 18 years</p>	<p>The USPSTF recommends screening for anxiety in children and adolescents aged 8 to 18 years.</p>	
<p>Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality: Preventive Medication: pregnant persons at high risk for preeclampsia</p>	<p>The USPSTF recommends the use of low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia.</p>	<p>Once daily after 12 weeks of gestation.</p>
<p>Asymptomatic Bacteriuria in Adults: Screening: pregnant persons</p>	<p>The USPSTF recommends screening for asymptomatic bacteriuria using urine culture in pregnant persons.</p>	
<p>BRCA-Related Cancer: Risk Assessment, Genetic Counseling, and Genetic Testing: women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or an ancestry associated with BRCA1/2 gene mutation</p>	<p>The USPSTF recommends that primary care clinicians assess women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool. Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Breast Cancer: Medication Use to Reduce Risk: women at increased risk for breast cancer aged 35 years or older</p>	<p>The USPSTF recommends that clinicians offer to prescribe risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, to women who are at increased risk for breast cancer and at low risk for adverse medication effects.</p>	
<p>Breast Cancer: Screening: women aged 40 to 74 years</p>	<p>The USPSTF recommends biennial screening mammography for women aged 40 to 74 years.</p>	<p>Every 2 years</p>
<p>Breastfeeding: Primary Care Interventions: pregnant women, new mothers, and their children</p>	<p>The USPSTF recommends providing interventions during pregnancy and after birth to support breastfeeding.</p>	
<p>Cervical Cancer: Screening: women aged 21 to 65 years</p>	<p>The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (co-testing).</p>	<p>Ages 21-29: Once every 3 years. Ages 30-65: Once every 3 years, Once every 5 years with high risk PHV testing alone or in combination with PAP.</p>
<p>Chlamydia and Gonorrhea: Screening: sexually active women, including pregnant persons</p>	<p>The USPSTF recommends screening for chlamydia and gonorrhea in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection.</p>	
<p>Colorectal Cancer: Screening: adults aged 45 to 49 years</p>	<p>The USPSTF recommends screening for colorectal cancer in adults aged 45 to 49 years.</p>	
<p>Colorectal Cancer: Screening: adults aged 50 to 75 years</p>	<p>The USPSTF recommends screening for colorectal cancer in all adults aged 50 to 75 years.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Depression and Suicide Risk in Adults: Screening adults, including pregnant and postpartum persons, and older adults (65 years or older)</p>	<p>The USPSTF recommends screening for depression in the adult population, including pregnant and postpartum persons, as well as older adults.</p>	
<p>Depression and Suicide Risk in Children and Adolescents: Screening: adolescents aged 12 to 18 years</p>	<p>The USPSTF recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years.</p>	
<p>Falls Prevention in Community-Dwelling Older Adults: Interventions: community-dwelling adults 65 years or older</p>	<p>The USPSTF recommends exercise interventions to prevent falls in community-dwelling adults 65 years or older who are at increased risk for falls.</p>	
<p>Folic Acid Supplementation to Prevent Neural Tube Defects: Preventive Medication: persons who plan to or could become pregnant</p>	<p>The USPSTF recommends that all women who are planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 mcg) of folic acid.</p>	
<p>Gestational Diabetes: Screening: asymptomatic pregnant persons at 24 weeks of gestation or after</p>	<p>The USPSTF recommends screening for gestational diabetes in asymptomatic pregnant persons at 24 weeks of gestation or after.</p>	
<p>Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: Behavioral Counseling Interventions: adults with cardiovascular disease risk factors</p>	<p>The USPSTF recommends offering or referring adults with cardiovascular disease risk factors to behavioral counseling interventions to promote a healthy diet and physical activity.</p>	
<p>Healthy Weight and Weight Gain In Pregnancy: Behavioral Counseling Interventions: pregnant persons</p>	<p>The USPSTF recommends that clinicians offer pregnant persons effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Hepatitis B Virus Infection in Adolescents and Adults: Screening: adolescents and adults at increased risk for infection</p>	<p>The USPSTF recommends screening for hepatitis B virus (HBV) infection in adolescents and adults at increased risk for infection.</p>	<p>Annually</p> <p>Risk groups for HBV infection with a prevalence of $\geq 2\%$ that should be screened include:</p> <ul style="list-style-type: none"> • Persons born in countries and regions with a high prevalence of HBV infection ($\geq 2\%$), such as Asia, Africa, the Pacific Islands, and parts of South America • US-born persons not vaccinated as infants whose parents were born in regions with a very high prevalence of HBV infection ($\geq 8\%$) • HIV-positive persons • Persons with injection drug use • Men who have sex with men • Household contacts or sexual partners of persons with HBV infection
--	---	---

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Hepatitis B Virus Infection in Pregnant Women: Screening: pregnant women</p>	<p>The USPSTF recommends screening for hepatitis B virus (HBV) infection in pregnant women at their first prenatal visit.</p>	<p>Once during pregnancy and again at delivery</p>
<p>Hepatitis C Virus Infection in Adolescents and Adults: Screening: adults aged 18 to 79 years</p>	<p>The USPSTF recommends screening for hepatitis C virus (HCV) infection in adults aged 18 to 79 years.</p>	<p>Annually for high risk. Once for enrollees born between 1945 and 1965 not at high risk. Initial screening for anyone who had a blood transfusion before 1992 and enrollees with current or past history of injection drug use.</p>
<p>High Body Mass Index in Children and Adolescents: Interventions: children and adolescents 6 years or older</p>	<p>The USPSTF recommends that clinicians provide or refer children and adolescents 6 years or older with a high body mass index (BMI) (≥ 95th percentile for age and sex) to comprehensive, intensive behavioral interventions. See the Practice Considerations section for more information about behavioral interventions.</p>	
<p>Human Immunodeficiency Virus (HIV) Infection: Screening: adolescents and adults aged 15 to 65 years</p>	<p>The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk of infection should also be screened.</p>	<p>Born 1945-1965: no diagnosis code restrictions</p>
<p>Human Immunodeficiency Virus (HIV) Infection: Screening: pregnant persons</p>	<p>The USPSTF recommends that clinicians screen for HIV infection in all pregnant persons, including those who present in labor or at delivery whose HIV status is unknown.</p>	<p>3 times per pregnancy</p>

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Hypertension in Adults: Screening: adults 18 years or older without known hypertension</p>	<p>The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement (OBPM). The USPSTF recommends obtaining blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment.</p>	
<p>Hypertensive Disorders of Pregnancy: Screening</p>	<p>The USPSTF recommends screening for hypertensive disorders in pregnant persons with blood pressure measurements throughout pregnancy.</p>	
<p>Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults: Screening: women of reproductive age</p>	<p>The USPSTF recommends that clinicians screen for intimate partner violence (IPV) in women of reproductive age and provide or refer women who screen positive to ongoing support services.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Latent Tuberculosis Infection in Adults: Screening: asymptomatic adults at increased risk of latent tuberculosis infection (ltbi)</p>	<p>The USPSTF recommends screening for LTBI in populations at increased risk.</p>	<p>Populations at increased risk for LTBI, based on increased prevalence of active disease and increased risk of exposure, include persons who were born in, or are former residents of, countries with high TB prevalence and persons who live in, or have lived in, high-risk congregate settings (eg, homeless shelters or correctional facilities).</p>
<p>Lung Cancer: Screening: adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years</p>	<p>The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.</p>	<p>Annually</p>
<p>Ocular Prophylaxis for Gonococcal Ophthalmia Neonatorum: Preventive Medication: newborns</p>	<p>The USPSTF recommends prophylactic ocular topical medication for all newborns to prevent gonococcal ophthalmia neonatorum.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Osteoporosis to Prevent Fractures: Screening: postmenopausal women younger than 65 years at increased risk of osteoporosis</p>	<p>The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in postmenopausal women younger than 65 years who are at increased risk of osteoporosis, as determined by a formal clinical risk assessment tool.</p>	
<p>Osteoporosis to Prevent Fractures: Screening: women 65 years and older</p>	<p>The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older.</p>	
<p>Perinatal Depression: Preventive Interventions: pregnant and postpartum persons</p>	<p>The USPSTF recommends that clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions.</p>	
<p>Prediabetes and Type 2 Diabetes: Screening: asymptomatic adults aged 35 to 70 years who have overweight or obesity</p>	<p>The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who have overweight or obesity. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.</p>	<p>Every 3 years for adults with normal test results</p>
<p>Prevention of Acquisition of HIV: Pre-exposure Prophylaxis: adolescents and adults at increased risk of HIV</p>	<p>The USPSTF recommends that clinicians prescribe pre-exposure prophylaxis using effective antiretroviral therapy to persons who are at increased risk of HIV acquisition to decrease the risk of acquiring HIV.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Prevention of Dental Caries in Children Younger Than 5 Years: Screening and Interventions: children younger than 5 years</p>	<ul style="list-style-type: none"> The USPSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride. The USPSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption. 	<p>Up to 5 years old</p>
<p>Rh(D) Incompatibility: Screening: pregnant women, during the first pregnancy-related care visit</p>	<p>The USPSTF strongly recommends Rh(D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy-related care.</p>	<p>Screen at first visit and then again at 24-28 week visit</p>
<p>Rh(D) Incompatibility: Screening: unsensitized Rh(D)-negative pregnant women</p>	<p>The USPSTF recommends repeated Rh(D) antibody testing for all unsensitized Rh(D)-negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh(D)-negative.</p>	<p>Screen at first visit and then again at 24-28 week visit</p>
<p>Sexually Transmitted Infections: Behavioral Counseling: sexually active adolescents and adults at increased risk</p>	<p>The USPSTF recommends behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs).</p>	
<p>Skin Cancer Prevention: Behavioral Counseling: young adults, adolescents, children, and parents of young children</p>	<p>The USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons aged 6 months to 24 years with fair skin types to reduce their risk of skin cancer.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication: adults aged 40 to 75 years who have 1 or more cardiovascular risk factors and an estimated 10-year cardiovascular disease (CVD) risk of 10% or greater</p>	<p>The USPSTF recommends that clinicians prescribe a statin for the primary prevention of CVD for adults aged 40 to 75 years who have 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, hypertension, or smoking) and an estimated 10-year risk of a cardiovascular event of 10% or greater.</p>	
<p>Syphilis Infection in Non-pregnant Adolescents and Adults: Screening: asymptomatic, non-pregnant adolescents and adults who are at increased risk for syphilis infection</p>	<p>The USPSTF recommends screening for syphilis infection in persons who are at increased risk for infection.</p>	<p>Annually for men if continued high risk.</p>
<p>Syphilis Infection in Pregnant Women: Screening: pregnant women</p>	<p>The USPSTF recommends early screening for syphilis infection in all pregnant women.</p>	<p>Once per pregnancy. If high risk, rescreen in the 3rd trimester and at delivery.</p>
<p>Tobacco Smoking Cessation in Adults, Including Pregnant Persons: Interventions: non-pregnant adults</p>	<p>The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and US Food and Drug Administration (FDA) -- approved pharmacotherapy for cessation to non-pregnant adults who use tobacco.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Tobacco Smoking Cessation in Adults, Including Pregnant Persons: Interventions: pregnant persons</p>	<ul style="list-style-type: none"> • The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and US Food and Drug Administration (FDA)-approved pharmacotherapy for cessation to non-pregnant adults who use tobacco. • The USPSTF recommends that clinicians ask all pregnant persons about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco. 	
<p>Tobacco Use in Children and Adolescents: Primary Care Interventions: school-aged children and adolescents who have not started to use tobacco</p>	<p>The USPSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents.</p>	
<p>Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions: adults 18 years or older, including pregnant women</p>	<p>The USPSTF recommends screening for unhealthy alcohol use in primary care settings in adults 18 years or older, including pregnant women, and providing persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce unhealthy alcohol use.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.

List of Covered Preventive Care Services



<p>Unhealthy Drug Use: Screening: adults age 18 years or older</p>	<p>The USPSTF recommends screening by asking questions about unhealthy drug use in adults aged 18 years or older. Screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred. (Screening refers to asking questions about unhealthy drug use, not testing biological specimens.)</p>	
<p>Vision in Children Ages 6 Months to 5 Years: Screening: children aged 3 to 5 years</p>	<p>The USPSTF recommends vision screening at least once in all children aged 3 to 5 years to detect amblyopia or its risk factors.</p>	<p>At least once for Children aged 3 to 5 years</p>
<p>Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions: adults</p>	<p>The USPSTF recommends that clinicians offer or refer adults with a body mass index (BMI) of 30 or higher (calculated as weight in kilograms divided by height in meters squared) to intensive, multicomponent behavioral interventions.</p>	

*In addition to the limits listed herein, the plan adheres to the periodicity schedule as recommended by the American Medical Association, American Academy of Pediatricians, etc.