



Preventive care coverage

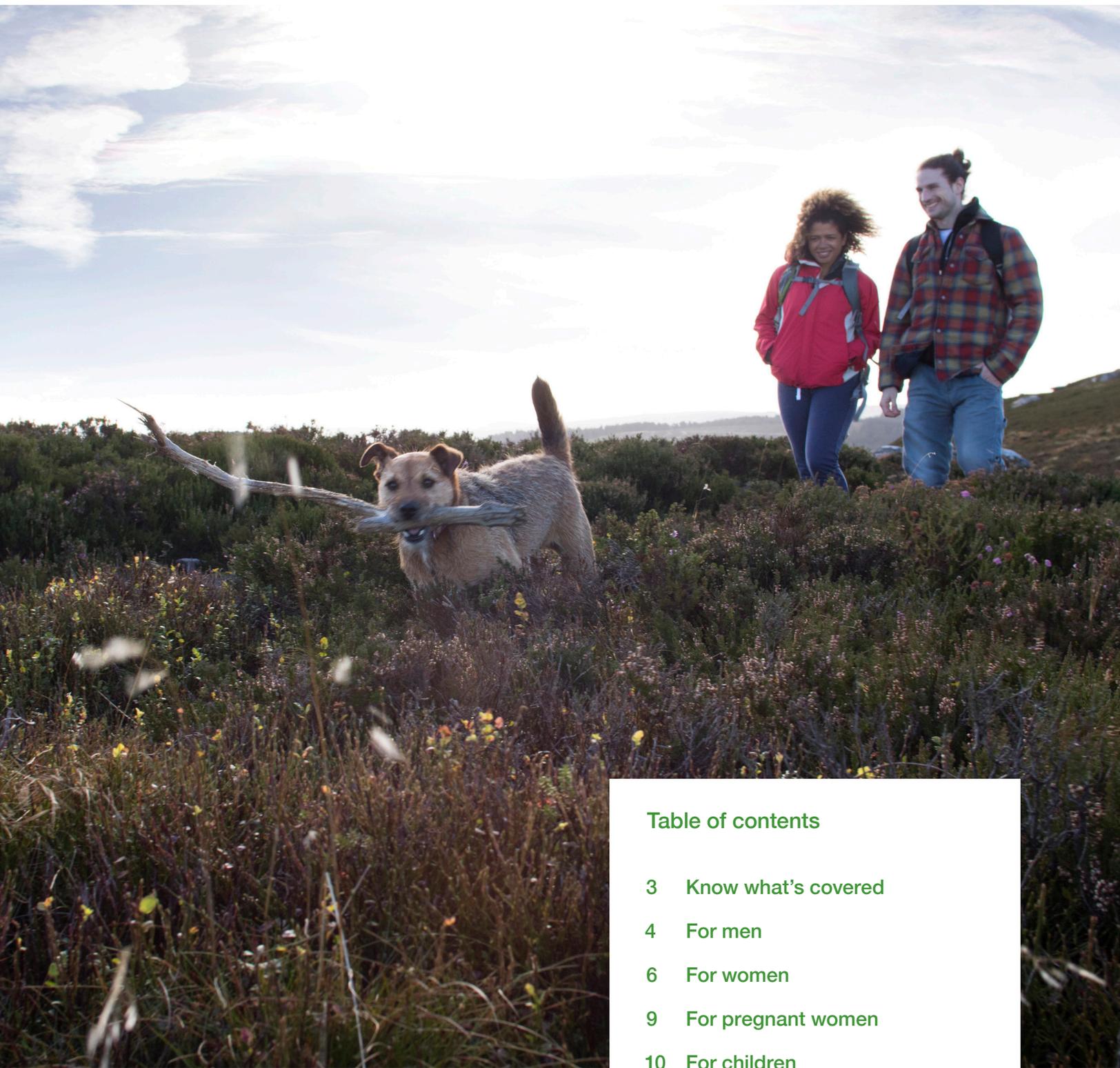


Table of contents

- 3 Know what's covered
- 4 For men
- 6 For women
- 9 For pregnant women
- 10 For children

Preventive care coverage

Know what's covered

Preventive care and early detection are important for your long-term health. But preventive care is more than just an annual checkup. There are lots of services available, and you may not be aware of all the tests and screenings you may need. This brochure lists all the services we cover at 100%, and who should seek them and when.

FAQS

Am I eligible for these preventive services?

Most people enrolled on an active Asuris policy have 100% coverage for preventive services. You may not be eligible if you're on a grandfathered policy or retiree-only plan. Call Customer Service at the phone number on the back of your member ID card or sign in and use the Live Chat feature on [asuris.com](https://www.asuris.com) to learn more about your preventive care benefits.

How does Asuris decide which preventive services to cover?

We support the federal government's mandate to cover a wide range of preventive services at 100%. Our benefits follow recommendations from three government agencies to determine which services we cover.¹ These recommendations change regularly to reflect scientific and medical advances and research. When the recommendations change, we adopt them within one year of their publication.

Visit [healthcare.gov](https://www.healthcare.gov) for more information, including recommended child and adolescent immunization schedules.

How much will I pay?

You pay nothing for the services listed (you won't owe any deductible, coinsurance or copay) when you see preferred (Category 1), participating (Category 2) or in-network providers. You may have to pay the deductible and/or coinsurance if you see non-participating (Category 3) or out-of-network providers.

Also, if your doctor provides preventive services that are outside the government guidelines, you may have an out-of-pocket expense.

What should I know before I make a preventive care appointment?

It's always a good idea to check with Customer Service about your benefits before going to the doctor because:

We may add new benefits or change existing ones as a result of changing recommendations.

Your benefits may have limits (such as age ranges or the number of services per year).

Some services require pre-authorization and must meet guidelines for medical necessity.

¹ These scientifically supported guidelines are created by the United States Preventive Services Task Force (USPSTF), Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC), and Health Resources and Services Administration (HRSA).

For men

| Preventive care services for | What age (and when)* | What is covered |
|---|--|---|
| Abdominal aortic aneurysm (weak area or bulge in the aorta, the body's main artery) | 65+ and have ever smoked | One-time screening |
| Alcohol misuse | 18+ | Screening and behavioral counseling |
| Anemia (low iron in your blood) | Up to 21 | Screening |
| Blood glucose, abnormal, and diabetes (type 2) | 40–70 if you are overweight or obese | Screening and behavioral counseling |
| Blood pressure | 18+ | Blood pressure monitor for screening for diagnostic confirmation before starting treatment |
| Cholesterol (lipid disorders) | All ages | Screening and covered prescriptions and over-the-counter products. See the list of lipid lowering agents available at asuris.com/go/ew/rx/forms . |
| Colorectal cancer (colon cancer) | 50+ | One sigmoidoscopy screening every 5 years, one colonoscopy screening every 10 years and a fecal occult blood test (a test for blood in your stool) every year, and one Cologuard test every 3 years |
| Depression | All ages | Screening during wellness exams |
| Diet behavioral counseling | All ages if you have hyperlipidemia (your blood is high in fats and lipids) and other risk factors | Counseling about diet changes to help or prevent health problems |
| Gonorrhea (sexually transmitted disease/sexually transmitted infection) | Up to 21 | Screening |
| Heart (cardiovascular) disease and prevention | 18+ and overweight or obese | Counseling to promote healthy eating and exercise to prevent heart disease |
| Hepatitis B | All ages who are at high risk | Screening |
| Hepatitis C | All ages if at high risk; everyone born between 1945 and 1965 | Screening; one-time screening also if you were born between 1945 and 1965 and are not at high risk |
| HIV | 15–65, or if 65+ and at high risk | Screening and counseling |
| Lead screening (testing for poisoning caused by exposure to lead) | Up to 21 | Screening |
| Lung cancer screening | 55–80, have a smoking history of 30 packs a year and currently smoke or have quit within the last 15 years | Annual screening for lung cancer (requires pre-authorization and must meet guidelines for medical necessity) |
| Obesity | 6+ | Screening, and counseling if you're diagnosed obese |
| Prevention of falls | 65+, living independently and at high risk for falls | Physical therapy |
| Sexually transmitted disease/sexually transmitted infection (STD/STI) | All ages | Counseling during wellness exams |
| Skin cancer | 6 months up to 24 years for those with fair skin type | Counseling to prevent skin cancer |
| Syphilis (sexually transmitted disease/sexually transmitted infection) | All ages | Screening |
| Tobacco use | All ages | Counseling and treatments (but not programs or classes). For covered prescription and over-the-counter products, see the Tobacco Cessation Coverage list at asuris.com/go/ew/rx/forms . |
| Tuberculosis (TB) screening (a potentially serious disease predominantly affecting the lungs) | All ages | Tuberculosis skin and lab tests |

For men (continued)

| Vaccinations (shots) Ask your doctor how often to get these | What age (and when) | What is covered |
|---|----------------------------|------------------------|
| Diphtheria, pertussis (whooping cough), tetanus (DPT) | All ages | Vaccination |
| Hepatitis A | All ages | Vaccination |
| Hepatitis B | All ages | Vaccination |
| Herpes zoster (shingles) | 50+ | Vaccination |
| Human papillomavirus (HPV, genital warts) | Up to 27 | Vaccination |
| Influenza (flu) | All ages | Vaccination |
| Measles, mumps, rubella (MMR) | All ages | Vaccination |
| Meningococcal (meningitis) | All ages | Vaccination |
| Pneumococcal (pneumonia) | All ages | Vaccination |
| Varicella (chicken pox) | All ages | Vaccination |

Prescription drugs

Information regarding our over-the-counter and prescription drug coverage under preventive care benefits can be found on the PPACA Preventive Medications and Tobacco Cessation Coverage lists at [asuris.com/go/ew/rx/forms](https://www.asuris.com/go/ew/rx/forms).

| Wellness exams | What age (and when) | What is covered |
|-----------------------|----------------------------|------------------------|
| Annual physical exams | 18+ | Exam |

For women

| Preventive care service | What age (and when)* | What is covered |
|--|--|--|
| Alcohol misuse | 18+ | Screening and behavioral counseling |
| Anemia (low iron in your blood) | Up to 21 | Screening |
| Birth control (contraceptive) education and training | All ages | Education and training on birth control methods |
| Birth control (contraceptive) methods and devices: cervical caps, IUDs, shots (injectables) and diaphragms | All ages | Coverage for all FDA-approved birth control methods. See the Contraceptives Covered Products list at asuris.com/go/ew/rx/forms for information on the specific products covered. |
| Blood glucose, abnormal, and diabetes (type 2) | 40–70 if you are overweight or obese | Screening and behavioral counseling |
| Blood pressure | 18+ | Blood pressure monitor for screening for diagnostic confirmation before treatment starts |
| Breast cancer | 40+ or at high risk | Mammograms |
| Breast cancer chemoprevention (breast cancer prevention) | All ages at high risk | Counseling |
| Breastfeeding equipment | All ages | Manual and electric breastfeeding pumps that you buy or rent from a licensed provider (but not hospital-grade pumps) within 12 months of baby's birth |
| Breastfeeding—lactation support and counseling | All ages | Breastfeeding support and counseling when you see a licensed provider |
| Breastfeeding supplies | All ages | Initial breastfeeding supplies that come with a breastfeeding pump. Some specialty breastfeeding products will require a prescription and must meet medical necessity. |
| Cervical cancer (Pap test) | 21+ | Screening |
| Chlamydia (sexually transmitted disease) | All ages | Screening |
| Cholesterol (lipid disorders) | All ages | Screening and covered prescriptions and over-the-counter products. See the list of lipid lowering agents available at asuris.com/go/ew/rx/forms . |
| Colorectal cancer (colon cancer) | 50+ | One sigmoidoscopy screening every 5 years, one colonoscopy screening every 10 years and a fecal occult blood test (a test for blood in your stool) every year, and one Cologuard test every 3 years |
| Contraceptives and contraceptive education and training | All ages | See “Birth control” |
| Depression | All ages | Screening during wellness exams |
| Diet behavior counseling | All ages if you have hyperlipidemia (your blood is high in fats and lipids) and other risk factors | Counseling about diet changes to help or prevent health problems |
| Genetic risk assessment and BRCA (breast cancer susceptibility) mutation counseling and testing | All ages if you have a family risk of breast, ovarian, tubal and peritoneal cancer | Risk assessment; also BRCA counseling and testing (requires pre-authorization and must meet guidelines for medical necessity) |
| Gonorrhea (sexually transmitted disease/sexually transmitted infection) screening | All ages | Screening |
| Heart (cardiovascular) disease and prevention | 18+ and overweight or obese | Counseling to promote healthy eating and exercise to prevent heart disease |

For women (continued)

| Preventive care service | What age (and when) | What is covered |
|---|---|---|
| Hepatitis B | All ages if at high risk | Screening |
| Hepatitis C | All ages if at high risk; everyone born between 1945 and 1965 | Screening; one-time screening also if you were born between 1945 and 1965 and are not at high risk |
| HIV | 15–65, or 65+ and at high risk | Screening and counseling |
| HPV (human papillomavirus, genital warts) | 30+ | Screening every 3 years |
| Interpersonal and domestic violence (physical, sexual or emotional abuse) | All ages | Screening and counseling during wellness exams |
| Lead screening (testing for poisoning caused by exposure to lead) | Up to 21 | Screening |
| Lung cancer screening | 55–80, have a smoking history of 30 packs a year and currently smoke or quit within the last 15 years | Annual screening for lung cancer (requires pre-authorization and must meet guidelines for medical necessity) |
| Obesity | 6+ | Screening, and counseling if you're diagnosed obese |
| Osteoporosis (thinning bones) | 65+ and all ages if at risk | Screening |
| Prevention of falls | 65+, living independently and at high risk for falls | Physical therapy |
| Sexually transmitted disease/sexually transmitted infection (STD/STI) | All ages | Counseling during wellness exams |
| Skin cancer | 6 months up to 24 years for those with fair skin type | Counseling to prevent skin cancer |
| Sterilization (permanent form of birth control) | All ages | Sterilization |
| Syphilis (sexually transmitted disease/sexually transmitted infection) | All ages | Screening |
| Tobacco use | All ages | Counseling and treatments (but not programs or classes). For covered prescription and over-the-counter products, see the Tobacco Cessation Coverage list at asuris.com/go/ew/rx/forms . |
| Tuberculosis (TB) screening (a potentially serious disease predominantly affecting the lungs) | All ages | Tuberculosis skin and lab tests |

For women (continued)

| Vaccinations (shots) Ask your doctor how often to get these | What age (and when) | What is covered |
|---|----------------------------|------------------------|
| Diphtheria, pertussis (whooping cough), tetanus (DPT) | All ages | Vaccination |
| Hepatitis A | All ages | Vaccination |
| Hepatitis B | All ages | Vaccination |
| Herpes zoster (shingles) | 50+ | Vaccination |
| Human papillomavirus (HPV, genital warts) | Up to 27 | Vaccination |
| Influenza (flu) | All ages | Vaccination |
| Measles, mumps, rubella (MMR) | All ages | Vaccination |
| Meningococcal (meningitis) | All ages | Vaccination |
| Pneumococcal (pneumonia) | All ages | Vaccination |
| Varicella (chicken pox) | All ages | Vaccination |

Prescription drugs

Information regarding our over-the-counter and prescription drug coverage under preventive care benefits can be found on the PPACA Preventive Medications and Tobacco Cessation Coverage lists at [asuris.com/go/ew/rx/forms](https://www.asuris.com/go/ew/rx/forms).

| Wellness exams | What age (and when) | What is covered |
|-----------------------|----------------------------|------------------------|
| Annual physical exams | 18+ | Exam |

For pregnant women

| Preventive care service | When | What is covered |
|--|---|---|
| Anemia (iron deficiency) | When pregnant | Screening |
| Breastfeeding equipment | When pregnant and post-delivery | Manual and electric breastfeeding pumps that you buy or rent from a licensed provider (but not hospital-grade pumps) within 12 months of baby's birth |
| Breastfeeding—lactation support and counseling | When pregnant and post-delivery | Breastfeeding support and counseling when you see a licensed provider |
| Breastfeeding supplies | When pregnant and post-delivery | Initial breastfeeding supplies that come with a breastfeeding pump. Some specialty breastfeeding products will require a prescription and must meet medical necessity. |
| Diabetes—gestational (diabetes that develops during pregnancy) | After 24 weeks of pregnancy and at the first prenatal visit (pregnancy check-up) if at high risk for diabetes | Screening |
| Hepatitis B | When pregnant | Screening |
| HIV | When pregnant, including if you've never been tested or if you don't know if you have HIV | Screening and counseling |
| Rh(D) incompatibility (a condition that occurs during pregnancy if you have Rh-negative blood and your baby has Rh-positive blood) | When pregnant | Screening |
| Syphilis (sexually transmitted disease/sexually transmitted infection) | When pregnant | Screening |
| Tobacco use | When pregnant | Counseling and treatments (but not programs or classes). For covered prescription and over-the-counter products, see the Tobacco Cessation Coverage list at asuris.com/go/ew/rx/forms . |
| Urinary tract infection (bacteriuria) | When pregnant and showing no symptoms | Screening |

Prescription drugs

Information regarding our over-the-counter and prescription drug coverage under preventive care benefits can be found on the PPACA Preventive Medications and Tobacco Cessation Coverage lists at [asuris.com/go/ew/rx/forms](https://www.asuris.com/go/ew/rx/forms).

For children

| Preventive care service | What age (and when)* | What is covered |
|--|---|---|
| Anemia (iron deficiency) | Up to 21 | Screening |
| Bilirubin screening (newborn jaundice) | Newborns | Screening |
| Birth control (contraceptive) education and training | All ages | Education and training on birth control methods |
| Birth control (contraceptive) methods and devices: implants, cervical caps, IUDs, shots (injectables) and diaphragms | All ages | Coverage for all FDA-approved birth control methods. See the Contraceptives Covered Products list at asuris.com/go/ew/rx/forms for information on the specific products covered. |
| Congenital hypothyroidism (a form of thyroid disease) | Newborns | Screening |
| Contraceptives and contraceptive education and training | All ages | See “Birth control” |
| Dental caries (cavities) prevention | Up to age 6, starting when the first tooth appears | Fluoride varnish applied by primary care clinicians |
| Dental (oral) health | Preschool-age children | Risk assessment |
| Depression screening | All ages | Screening during wellness exams |
| Dyslipidemia (abnormally high cholesterol or fat {triglyceride} in blood) | Up to 21 | Screening |
| Gonorrhea medication (gonorrhea, a sexually transmitted disease, can be passed from mother to baby during birth) | Newborns | Preventive medication for the eyes |
| Gonorrhea (sexually transmitted disease/sexually transmitted infection) screening | Boys up to 21 and girls of all ages | Screening |
| Hearing | Up to 1 | One screening |
| Hepatitis B | All ages if at risk for infection | Screening |
| Hepatitis C | All ages if at risk for infection | Screening |
| HIV | 15–18, and those younger who are at risk | Screening and counseling |
| Lead screening (testing for poisoning caused by exposure to lead) | Up to 21 | Screening |
| Metabolic screening (the “heel prick test” for rare but serious conditions) | Up to 2 months | Screening |
| Obesity | 6+ | Screening, and counseling if you’re diagnosed obese |
| Phenylketonuria (PKU, a birth defect that causes an amino acid called phenylalanine to build up in the body) | Newborns | Screening for genetic disorders |
| Sexually transmitted disease (STD/STI) | All ages | Counseling during wellness exams |
| Sickle cell (a serious blood disease) | Up to 1 | Screening |
| Skin cancer | 6 months up to 24 years for those with fair skin type | Counseling to help prevent skin cancer |
| Syphilis (sexually transmitted disease/sexually transmitted infection) | All ages | Screening |
| Tobacco use | All ages | Counseling and treatments (but not programs or classes). For covered prescription and over-the-counter products, see the Tobacco Cessation Coverage list at asuris.com/go/ew/rx/forms . |

*When an age range is listed, such as 15–18, your coverage includes the first age through the second.

For children (continued)

| Preventive care service | What age (and when) | What is covered |
|---|---------------------|---------------------------------|
| Tuberculosis (TB) screening (a potentially serious disease predominantly affecting the lungs) | All ages | Tuberculosis skin and lab tests |
| Vision (eye exam) | 3–5 | Vision screening |

| Immunization vaccines (shots) Ask your doctor how often to get these | What age (and when) | What is covered |
|--|---------------------|-----------------|
| Diphtheria, pertussis (whooping cough), tetanus (DPT) | All ages | Vaccination |
| Haemophilus influenzae type b (Hib; a bacterial disease that can cause meningitis) | All ages | Vaccination |
| Hepatitis A | All ages | Vaccination |
| Hepatitis B | All ages | Vaccination |
| Human papillomavirus (HPV, genital warts) | Up to 27 | Vaccination |
| Inactivated poliovirus (polio) | All ages | Vaccination |
| Influenza (flu) | All ages | Vaccination |
| Measles, mumps, rubella (MMR) | All ages | Vaccination |
| Meningococcal (meningitis) | All ages | Vaccination |
| Pneumococcal (pneumonia) | All ages | Vaccination |
| Rotavirus (severe diarrhea) | All ages | Vaccination |
| Varicella (chicken pox) | All ages | Vaccination |

Prescription drugs

Information regarding our over-the-counter and prescription drug coverage under preventive care benefits can be found on the PPACA Preventive Medications, Covered Contraceptive Products and Tobacco Cessation Coverage lists at [asuris.com/go/ew/rx/forms](https://www.asuris.com/go/ew/rx/forms).

| Wellness exams | What age (and when) | What is covered |
|------------------|---------------------|-----------------|
| Well-child exams | Up to 18 | Wellness exams |



QUESTIONS?

Call the Customer Service number on the back of your member ID card or go to [asuris.com/contact-us](https://www.asuris.com/contact-us).

Asuris Northwest Health

528 E Spokane Falls Blvd
Suite 301
Spokane, WA 99202

ANH-102240-18/10rep102240-17
© 2018 Asuris Northwest Health