



The *signs*
of a healthier Vermont



Federal Health Care Reform

*Preventive
Benefit Coverage*





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Federal health care reform (known as the Affordable Care Act) requires health plans to cover certain in-network, evidence-based preventive services at no cost to members. (Certain groups may “grandfather” their current plans and keep their current benefits until 2014.) Effective September 23, 2010 or upon renewal, non-grandfathered Blue Cross and Blue Shield of Vermont plans will include the following preventive benefits with no cost sharing.

Covered Preventive Care Services for Adults

Adult Immunizations

- Hepatitis A and B
- Influenza (Flu)
- Pneumococcal (pneumonia)
- Herpes Zoster
- Measles, Mumps, Rubella
- Tetanus, Diphtheria, Pertussis
- Human Papillomavirus (HPV)
- Meningococcal
- Varicella (chickenpox)

Screenings for Men

- Abdominal aortic aneurysm one-time screening for men age 65 to 75 who have smoked
- Prostate cancer (PSA) screening

Screenings for Women

- Breast cancer (BRCA) counseling about genetic testing for women at higher risk
- Chlamydia infection screening for sexually active women age 24 and younger and other women at higher risk
- Gonorrhea and syphilis screening for sexually active women at higher risk
- Osteoporosis screening for women age 60 and older, depending on risk factors

Pregnant Women

- Anemia screening for iron deficiency
- Bacteriuria urinary tract infection screening at 12 to 16 weeks
- Breast feeding education to promote breast feeding
- Folic acid supplements for women who may become pregnant
- Hepatitis B screening during the first prenatal visit
- Rh incompatibility blood type testing at first prenatal visit and at 24-28 weeks
- Syphilis screening
- Tobacco cessation counseling for all pregnant women who smoke

Health Screenings for Adults

- Blood pressure screening
- Diabetes screening for type 2 diabetes for adults with high blood pressure
- Cholesterol screening for men age 35 and older, women age 45 and older, and younger adults at higher risk
- HIV and sexually transmitted infection (STI) screenings for adults at higher risk

Cancer Screenings

- Breast cancer chemoprevention counseling for women at high risk for breast cancer
- Cervical cancer pap test for women
- Breast cancer mammography every one to two years for women over age 40
- Colorectal cancer screenings including fecal occult blood testing, sigmoidoscopy or colonoscopy, from age 50 to 75

Health Screenings for Adults *(continued)*

Health Counseling

Doctors are encouraged to counsel patients about these health issues and refer them to appropriate resources as needed:

- Alcohol misuse
- Depression
- Healthy diet
- Prevention of sexually transmitted infections (STIs)
- Weight loss
- Tobacco use
- Use of aspirin to prevent cardiovascular disease

Covered Preventive Care Services for Newborns, Children & Adolescents

Newborns

Screenings for:

- Hearing loss
- Hypothyroidism
- Phenylketonuria (PKU)
- Sickle cell disease

Gonorrhea preventive medication for eyes of all newborns

Childhood/Adolescent Immunizations

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenzae type B
- Hepatitis A and B
- Inactivated Poliovirus
- Influenza (Flu)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal (pneumonia)
- Rotavirus
- Varicella (chickenpox)

Childhood Screenings

- Autism screening for children at 18 and 24 months
- Behavioral assessment
- Developmental screening throughout childhood
- Dyslipidemia screening for children at higher risk of lipid disorder
- Fluoride supplements for children without fluoride in their water
- Height, weight and Body Mass Index (BMI) measurements
- Hematocrit or Hemoglobin screening
- Iron supplements for children six to 12 months who are at higher risk for anemia
- Lead screening for children at risk of exposure
- Medical history throughout development
- Obesity screening and weight management counseling for children age six or older
- Oral health risk assessment for young children
- Tuberculin testing for children at higher risk of tuberculosis
- Vision screening

Additional Screenings for Adolescents

- Alcohol and drug use assessment
- Depression screening
- Cervical dysplasia screening for sexually active young women
- Counseling to prevent sexually transmitted infections (STIs) for sexually active adolescents
- HIV screening for adolescents at higher risk

This document summarizes the preventive benefits put forth by the United States Preventive Services Task Force and is not a ruling document. Your subscriber contract defines the complete terms and conditions of your benefits in detail. If any questions should arise concerning your benefits, your subscriber contract governs.



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**BlueCross BlueShield
of Vermont**

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