

# A little prevention goes a long way.

## Staying on top of your preventive care can help you:

- Track vital numbers like your blood pressure and cholesterol levels
- Get immunizations to help you avoid illness
- Catch potential health problems before they become serious

Under your health plan, you can get preventive care services at no cost.<sup>1</sup> While all Kaiser Permanente service areas cover basic preventive care, you'll find additional benefits in certain states and Washington, D.C. Read on to find out which services are available to you under a plan that begins on or after **January 1, 2018**.

## How to know if this flier covers your plan

This flier **doesn't** list services covered under Medicare. Instead, it applies to all nongrandfathered individual and family, small group and large group plans (except retiree-only plans).<sup>1</sup>

If you're enrolled in grandfathered coverage or retiree-only coverage, see your *Benefit Booklet*, *Evidence of Coverage*, *Certificate of Insurance*, or *Membership Agreement* to find out which preventive services are covered.<sup>2</sup> You can also talk to your employers' benefits administrator.

## What's new

There are benefit changes for 2018. Most of our plans will now cover the following services:

- **Statin use for the primary prevention of cardiovascular disease in adults** 40 to 75 years with no history of cardiovascular disease (CVD), one or more CVD risk factors, and a calculated

10-year CVD event risk of 10% or greater (will be covered for plan years or policy years beginning on or after December 1, 2017)

- **Universal lipids screening** in adults 40 to 75 years to identify dyslipidemia and a calculation of a 10-year CVD risk (will be covered for plan years or policy years beginning on or after December 1, 2017)

## Preventive services for adults

- **Abdominal aortic aneurysm screening** (one time for men 65 to 75 who have ever smoked)
- **Age-appropriate preventive medical examinations**
- **Annual lung cancer screening** with low-dose computed tomography, and counseling, in adults 55 to 80 who are at high risk based on their current or past smoking history
- **Blood pressure screening**
- **Colon cancer screening** (for adults 50 to 75)
  - Bowel preparation medications prescribed prior to a screening colonoscopy
  - Pre-consultation visit associated with colon cancer screening
  - Pathology exam on a polyp biopsy, performed in connection with colon cancer screening
- **Depression screening**
- **Diabetes screening** (type 2) for adults with abnormal blood glucose
- **Discussions with primary care physician about:**
  - Alcohol misuse screening and counseling
  - Low-dose aspirin use, if at high risk of cardiovascular disease or colorectal cancer
  - Diet, if at higher risk for chronic disease
  - Obesity and weight management, including intensive behavioral counseling for overweight adults at risk for cardiovascular disease
- Sexually transmitted infections prevention
- Tobacco use cessation and counseling
- **FDA-approved medications** for tobacco cessation, including over-the-counter medications, when prescribed by a plan provider
- **Hepatitis B screening** (for adults at higher risk)
- **Hepatitis C screening** (for adults born between 1945 and 1965)
- **Immunizations** (doses, recommended ages, and recommended populations vary):
  - Hepatitis A
  - Hepatitis B
  - Herpes zoster
  - Human papillomavirus
  - Influenza
  - Measles, mumps, rubella
  - Meningococcal (meningitis)
  - Pneumococcal
  - Tetanus, diphtheria, pertussis
  - Varicella
- **Latent tuberculosis infection screening**
- **Over-the-counter drugs** when prescribed by your doctor for preventive purposes:
  - Low-dose aspirin to reduce the risk of heart attack
  - Low-dose aspirin to prevent colorectal cancer
  - Vitamin D supplementation to prevent falls in community-dwelling adults 65 years or older who are at increased risk for falls
- **Physical therapy** to prevent falls (in community-dwelling adults 65 and older who are at increased risk of falling)
- **Routine physical exam**

- **Sexually transmitted infection screenings** (for adults at higher risk)
  - Chlamydia
  - Gonorrhea
  - HIV
  - Syphilis
- **Statin use for the primary prevention of cardiovascular disease in adults** 40 to 75 years with no history of cardiovascular disease (CVD), one or more CVD risk factors, and a calculated 10-year CVD event risk of 10% or greater (will be covered for plan years or policy years beginning on or after December 1, 2017)
- **Universal lipids screening** in adults 40 to 75 years to identify dyslipidemia and a calculation of a 10-year CVD risk (will be covered for plan years or policy years beginning on or after December 1, 2017)

### Additional preventive services for women<sup>3</sup>

- **Anemia screening** (for pregnant women)<sup>4</sup>
- **BRCA genetic counseling** to assess risk of carrying breast/ovarian cancer genes (for those who meet U.S. Preventive Services Task Force guidelines)
- **BRCA genetic testing** (for high-risk women and when services are ordered by a plan physician)
- **Breastfeeding equipment**
- **Cancer screening:**
  - Breast cancer (mammography for women 40 and older)
  - Cervical cancer (for women 21 to 65)
- **Contraceptive devices and drugs** (FDA-approved and prescribed by your doctor), contraceptive device removal, and female sterilizations
- **Discussions with primary care physician** about:
  - Breastfeeding and comprehensive lactation support
  - Chemoprevention for breast cancer (if at higher risk)
  - Contraceptive methods
- Family history of breast and/or ovarian cancer
- Folic acid supplements (a daily supplement of 0.4–0.8 milligrams of folic acid if you are capable or planning pregnancy)
- Interpersonal and domestic violence
- Preconception care
- Tobacco use cessation and counseling for pregnant women
- **FDA-approved medications** for tobacco cessation for pregnant women, including over-the-counter medications, when prescribed by a plan provider<sup>5</sup>
- **Gestational diabetes screening** (for pregnant women at high risk, or women 24 and 28 weeks pregnant)
- **Hepatitis B screening** (for pregnant women at their first prenatal visit)
- **HIV screening** for pregnant women
- **Low-dose aspirin** (after 12 weeks of gestation in women who are at high risk for preeclampsia)
- **Osteoporosis screening** (for women 65 or older, and those at higher risk)
- **Over-the-counter folic acid** Over-the-counter folic acid (a daily supplement of 0.4–0.8 milligrams of folic acid for women who are capable or planning pregnancy to reduce the risk of birth defects when prescribed by a doctor for preventive purposes)
- **Preeclampsia screening** (for pregnant women with blood pressure measurements during pregnancy)
- **Prescribed, FDA-approved medications** for breast cancer prevention (if at higher risk, 35 and older with no prior history of breast cancer)
- **Rh incompatibility screening** (for pregnant women) and follow-up testing (for those at higher risk)
- **Routine physical exam**
- **Routine prenatal care visits**<sup>6</sup>
- **Syphilis screening** for pregnant women
- **Urinary tract or other infection screening** (for pregnant women)

### Preventive services for children

- **Age-appropriate preventive medical examinations**
- **Autism screening** by primary care physician (at 18 months and 24 months)
- **Behavioral assessments** by primary care physician (throughout development)
- **Blood pressure screening** for adolescents
- **Cervical dysplasia screening** (for sexually active females)
- **Congenital hypothyroidism screening** (newborns)
- **Depression screening** (for adolescents 12 to 18 years)
- **Developmental screening** (under 3 years) and surveillance (throughout childhood) by primary care physician
- **Discussions with primary care physician** about:
  - Alcohol and drug use counseling for adolescents
  - Fluoride supplements for children who have no fluoride in their water source
  - Iron supplements for children 6 months to 12 months at risk for anemia
  - Obesity screening and counseling
  - Sexually transmitted infection prevention counseling for adolescents at higher risk
  - Skin cancer counseling for children, adolescents, and young adults 10 to 24 years with fair skin in order to minimize exposure to ultraviolet radiation
  - Tobacco use cessation and counseling
- **Dyslipidemia screening** (for children at higher risk of lipid disorders)



- **FDA-approved medications** for tobacco cessation, including over-the-counter medications, when prescribed by a plan provider
- **Gonorrhea prevention** medication for the eyes (newborns)
- **Hearing screening** (newborns)
- **Height, weight, and body mass index (BMI) measurements** (throughout development)
- **Hematocrit or hemoglobin screening**
- **Hemoglobinopathies or sickle cell screening** (newborns)
- **Hepatitis B screening** (for adolescents at higher risk)
- **HIV screening** (for adolescents at higher risk)
- **Immunizations** (from birth to 18 years; doses, recommended ages, and recommended populations vary):
  - Diphtheria, tetanus, pertussis
  - *Haemophilus influenzae* type B
  - Hepatitis A
  - Hepatitis B
  - Human papillomavirus
  - Inactivated poliovirus
  - Influenza
  - Measles, mumps, rubella
  - Meningococcal (meningitis)
  - Pneumococcal
  - Rotavirus
  - Varicella
- **Lead screening** (for children at risk of exposure)
- **Medical history** (throughout development)
- **Oral health risk assessments** by primary care physician
  - Fluoride supplementation starting at 6 months for children who have no fluoride in their water source
  - Fluoride varnish for the primary teeth of all infants and children starting at the age of primary tooth eruption

- **Over-the-counter drugs** when prescribed by your doctor for preventive purposes:
  - Iron supplements for children to reduce the risk of anemia
  - Oral fluoride for children to reduce the risk of tooth decay
- **Phenylketonuria screening** (newborns)
- **Routine physical exam**
- **Tuberculin testing** (for children at higher risk of tuberculosis)
- **Vision screening**

### Additional state- or region-mandated services<sup>7</sup>

For health plans issued in one of these states, additional state-mandated preventive services are also listed for that state.

#### **California**

- Artificial insemination and sperm collection, processing, and testing for HIV-negative women who wish to conceive using sperm from HIV-positive donors
- First postpartum visits<sup>8</sup>
- Prostate cancer screenings (e.g., prostate-specific antigen testing and digital rectal examination)
- Retinal photography screenings for adults and children
- Travel immunizations

#### **Colorado<sup>6</sup>**

- Breast cancer screening for all at-risk individuals regardless of age
- Colon cancer screening for all at-risk individuals regardless of age

#### **Georgia**

- Ovarian cancer surveillance test for women over 35 or at risk
- Prostate cancer screenings

#### **Maryland**

- Labs and X-rays associated with well-child visits
- Prostate cancer screenings

#### **Oregon**

- First postpartum visits
- Prostate cancer screenings

#### **Virginia**

- Labs and X-rays associated with well-child visits
- Prostate cancer screenings

#### **Washington**

- First postpartum visits
- Prostate cancer screenings

#### **Washington, D.C.**

- Labs and X-rays associated with well-child visits
- Prostate cancer screenings

### [Other languages](#)

### [Nondiscrimination notice](#)

<sup>1</sup>The preventive services in this flier also apply to all grandfathered and retiree-only large group plans that cover these services at no cost and all grandfathered small group plans in the state of California.

<sup>2</sup>Grandfathered plans are plans that have been in existence since, on, or before March 23, 2010, and that meet certain requirements. Grandfathered plans are exempt from some of the changes required under the Affordable Care Act, including those related to preventive services. If a member is enrolled in a grandfathered plan, this will be stated in their *Membership Agreement*, *Disclosure Form*, and *Evidence of Coverage or Certificate of Insurance*.

<sup>3</sup>Breast pumps and certain over-the-counter drugs may not be covered in plans that do not include ACA preventive package (see your *Evidence of Coverage*, *Membership Agreement*, or *Certificate of Insurance* for details).

<sup>4</sup>In September 2015, the United States Preventive Services Task Force determined that current evidence is insufficient to assess the balance of benefits and harms of screening of iron deficiency in pregnant women to prevent adverse maternal health and birth outcomes. Despite this determination, Kaiser Permanente will continue to cover this service as preventive.

<sup>5</sup>In September 2015, the United States Preventive Services Task Force determined that current evidence is insufficient to assess the balance of benefits and harms of pharmacotherapy interventions for tobacco cessation in pregnant women. Despite this determination, Kaiser Permanente will continue to cover this service as preventive.

<sup>6</sup>Prenatal services are covered as routine base medical services that are included in global billing for maternity services, which may be subject to cost sharing, as permitted by applicable law.

<sup>7</sup>Most self-funded groups are not subject to state mandates. Some self-funded state and local government groups may not be subject to state mandates. For more information, see your *Summary Plan Description* or talk to your employer's benefits administrator.

<sup>8</sup>California health savings account-compliant plans do not cover postpartum visits without a copay, coinsurance, or deductible.

The required preventive services are based on recommendations by the United States Preventive Services Task Force, the Health Resources and Services Administration, and the Centers for Disease Control and Prevention. The services listed in this document may be subject to certain guidelines, such as age and frequency. They may be subject to cost sharing if they are not provided in accord with these guidelines.

Services covered under the Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union Street, Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612

## [Other languages](#)

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