

Preventive Services

What is preventive care?

Preventive care is routine healthcare that includes check-ups and screenings to help you stay well and prevent illness, disease and other health problems.

What does my plan cover?

Preventive care is **covered at 100%** when you are seen by an in-network provider. Unless otherwise noted, these services are generally **covered once every 12 months**.

Here are some things to consider when seeking preventive care:

- There is no copay or deductible as long as the provider uses preventive billing codes when sending in the claim.
- Any further testing or treatment identified during a preventive appointment means regular copays, coinsurance, or deductibles may apply.
- Exams, immunizations, etc. for services that are **not medically necessary**, such as licensing, certification, employment, insurance and foreign travel **are not covered**.

Tests and screenings are based on your gender, age, health history and your current health. You should talk to your doctor to find out what tests and health screenings are right for you!

Questions about preventive services?

Call the Presbyterian Customer Service Center at the number on the back of your member ID card.

See the list below of screenings and services (depending on your age) that are considered preventive care under your plan.



Presbyterian Health Plan, Inc.
Presbyterian Insurance Company, Inc.



Adult Preventive Services (Ages 18 and older)

Laboratory Tests

- Basic/Comp Metabolic Panel
- General Health Panel
- Complete Blood Count (CBC)
- Thyroid (TSH)
- Prostate Cancer Screening (PSA)
- Diabetes Screening
- Urinalysis
- Cholesterol Screening
- Gonorrhea Screening
- Human Papilloma Testing (HPV)
- Chlamydia Screening
- Human Immunodeficiency Virus (HIV) Screening
- Syphilis Screening
- Tuberculosis (TB) Screening
- Lead Screening
- Hepatitis B Screening
- Hepatitis C Screening
- BRCA 1 and 2 Testing
- Colorectal Cancer Screening

Procedures

- Pap Test
- Mammogram (includes mobile and 3D)
- Colorectal Cancer Screening
- Abdominal Aortic Aneurysm
- Osteoporosis Screening (also called Bone Density)
- Permanent Sterilization Procedures (such as tubal ligations)
- EKG/ECG (when billed with a preventive or high risk billing code)

Examinations/Counseling/Education

- Depression screening adults
- Obesity Screening and Counseling
- Falls Prevention
- Physical Exam
- Tobacco Use Counseling
- Alcohol Misuse Screening and Counseling
- Hearing Screening
- Glaucoma Screening
- Sexually Transmitted Infections Counseling
- Dietary Counseling (only for certain diet-related chronic diseases)
- Counseling for Intimate Partner Violence
- Diabetes Self-Management Education and Training
- Kidney Disease Education
- Healthy diet and physical activity counseling

Immunizations

- Influenza (flu)
- Tetanus or Tetanus, Diphtheria and Pertussis (whooping cough)
- Pneumococcal (pneumonia)
- Hepatitis A
- Hepatitis B
- Zoster (shingles)
- Human Papilloma Virus (HPV)

Contraception (Birth control)

- Diaphragms
- Cervical Caps
- Intra-Uterine Device (IUD)
- General Oral Contraceptives (for full list of covered contraceptives with no copay, go to www.phs.org/formsanddocuments, select your plan, then go to the Prescription Drugs section)
- Plan B

Pediatric Preventive Services (Younger than age 18)

Examinations/Counseling

- Well-Child Visit
- Developmental Testing
- Newborn Hearing Screening
- Hearing Screening
- Depression screening
- Obesity Screening and Counseling
- Tobacco use Counseling
- Visual Acuity Screening

Lab Tests

- Newborn Metabolic Screening
- PKU Screening in newborns
- Thyroid in newborns
- Sickle Cell Disease Screening in newborns

Immunizations

(as recommended by the Centers for Disease Control and Prevention (CDC) and the Advisory Committee on Immunization Practices (ACIP))

- Measles, Mumps, Rubella
- Diphtheria, Tetanus, Pertussis (whooping cough)
- Haemophilus Influenzae B
- Hepatitis B
- Polio
- Influenza (flu)
- Pneumococcal (pneumonia)
- Hepatitis A
- Meningococcal (meningitis)
- Varicella (chicken pox) (including MMVR)
- Rotavirus
- Human Papilloma Virus (HPV)

Obstetrical Preventive Services

Laboratory Tests

- Iron Deficiency Anemia Screening
- Diabetes Screening
- Urine Study to test Asymptomatic Bacteriuria
- Rh(D) Incompatibility Screening
- Hepatitis B Infection Screening
- Gonorrhea Screening
- Chlamydia Screening
- Syphilis Screening
- HIV / HPV Screening

Breast-Feeding Supplies and Support

Electronic Breast Pump
(covered if purchased)

Presbyterian Health Plan, Inc., Presbyterian Insurance Company, Inc. and your employer want to make sure that you get the most out of your healthcare benefits. Call your provider today to schedule an appointment for any preventive care that you may need.

Presbyterian Health Plan, Inc. and Presbyterian Insurance Company, Inc. follow the preventive requirements set by the Affordable Care Act. For more information, go to www.healthcare.gov.