



# Preventive Care Schedule

For Medicare Extension members

Effective July 1, 2024

The Plan covers preventive or routine office visits, physical exams and other related preventive services listed in the table below. Preventive exams are covered according to the schedule issued by Massachusetts Health Quality Partners.

The preventive services listed here are covered at 100% of the allowed amount. This list also shows gender, age and frequency recommendations.

**Your doctor must submit claims with preventive diagnosis and procedure codes to be covered at 100% as a preventive service. Services to treat an existing illness or condition are not covered as preventive. If, during your preventive visit, you get services to treat an existing condition, you may owe member costs for those services.**

Please note that the preventive services listed here are not recommended for everyone. You and your doctor should decide what care is appropriate for you.

Preventive service	Recommendations			
	Males	Females	Age	How often?
Abdominal aortic aneurysm screening	■	■	65 and older	One time
Alcohol misuse screening and counseling	■	■		Part of the preventive exam
Anemia screening		■		Part of the preventive exam
Anxiety screening	■	■	8 to 18 years	Part of the preventive exam for children and adolescents
Blood pressure screening	■	■		Part of the preventive exam
Bone density testing – Screening for osteoporosis		■	40 and older	Every 2 years
BRCA risk assessment and genetic counseling / testing – For breast cancer		■		One time
Breast cancer counseling and preventive medications		■		Part of the preventive exam
Breastfeeding counseling		■		Part of the preventive exam
Cardiovascular disease prevention – Nutritional and physical activity counseling	■	■		For high-risk adults; part of the preventive exam

Preventive service	Recommendations			
	Males	Females	Age	How often?
<b>Chlamydia screening</b>		■		Every 12 months
<b>Cholesterol screening</b>	■	■		Every 12 months
<b>Colorectal cancer screening</b> – Includes colonoscopies, fecal occult blood testing, and other related services and tests Colonoscopies for members under 45 are covered under limited circumstances	■	■	45 and older	Every 12 months for fecal occult blood test
<b>Depression screening</b> – Includes screening for perinatal depression (during and after pregnancy)	■	■		Part of the preventive exam
<b>Developmental and behavioral screening</b>	■	■		Part of the preventive exam for children
<b>Diabetes screenings:</b> ▪ Type 2 diabetes ▪ Gestational diabetes in pregnant women	■	■		Part of the preventive exam
<b>Domestic violence screening</b>		■		For women of childbearing age; part of the preventive exam
<b>Drug use screening</b>	■	■		Part of the preventive exam
<b>Fluoride supplements</b> – Starting at the age of primary tooth eruption	■	■	Up to age 5	
<b>Gonorrhea preventive medication</b>	■	■	At birth	For newborns
<b>Gonorrhea screening</b>		■		Every 12 months
<b>Gynecological exams</b>		■		Every 12 months
<b>Hearing screening</b>	■	■	At birth	For newborns
<b>Height, weight and body mass index (BMI) measurements</b>	■	■		Part of the preventive exam
<b>Hepatitis B screening</b>	■	■		
<b>Hepatitis C screening</b>	■	■		
<b>HIV Pre-Exposure Prophylaxis (PrEP)</b> – Includes medications, testing, monitoring, and adherence counseling	■	■		Medications subject to your prescription drug benefit
<b>HIV screening</b> – For the virus that causes AIDS	■	■		

Preventive service	Recommendations			
	Males	Females	Age	How often?
<b>HPV (human papillomavirus) testing</b> – For cervical cancer		■	30 and older	Every 5 years for women with normal cytology results
<b>Hypothyroidism screening</b>	■	■	At birth	For newborns
<b>Immunizations</b>	■	■		
<b>Iron supplements for anemia</b>	■	■	6 to 12 months	For at-risk babies
<b>Lab tests</b> – Other covered screening lab tests: <ul style="list-style-type: none"> <li>▪ Hemoglobin</li> <li>▪ Urinalysis</li> <li>▪ Chemistry profile, including: <ul style="list-style-type: none"> <li>▫ Complete blood count (CBC)</li> <li>▫ Glucose</li> <li>▫ Blood urea nitrogen (BUN)</li> <li>▫ Creatinine transferase alanine amino (SGPT)</li> <li>▫ Transferase asparate amino (SGOT)</li> <li>▫ Thyroid stimulating hormone (TSH)</li> </ul> </li> </ul>	■	■		Part of the preventive exam
<b>Lead exposure screening</b>	■	■		For children
<b>Lung cancer scan</b> – CT lung scan for adults who have smoked	■	■	50-80 years	Every 12 months
<b>Mammograms</b> – Screening for breast cancer		■	35 and older	<ul style="list-style-type: none"> <li>▪ Once between the ages of 35 and 40</li> <li>▪ Yearly after age 40</li> </ul>
<b>Nutritional counseling</b>	■	■		For children at high risk of obesity
<b>Obesity screening and counseling</b>	■	■		Part of the preventive exam
<b>Oral health assessment</b>	■	■		Part of the preventive exam for children
<b>Pap smears</b> – Screening for cervical cancer		■		Every 12 months
<b>Phenylketonuria (PKU) screening</b>	■	■	At birth	For newborns

Preventive service	Recommendations			
	Males	Females	Age	How often?
Preventive exams (children)	■	■	Up to age 19	<ul style="list-style-type: none"> <li>▪ Four exams while the newborn is in the hospital</li> <li>▪ Five exams until 6 months of age; then</li> <li>▪ Every two months until 18 months of age; then</li> <li>▪ Every three months from 18 months of age until 3 years of age; then</li> <li>▪ Every 12 months from 3 years of age until 19 years of age</li> </ul>
Preventive exams (adults)	■	■	19 and older	Every 12 months
Prostate cancer screening – Digital rectal exam and PSA test	■		50 and older	<ul style="list-style-type: none"> <li>▪ Digital exam – Part of the preventive exam</li> <li>▪ PSA test – Every 12 months</li> </ul>
Rh incompatibility screening		■		For pregnant women
Sexually transmitted infections (STI) counseling	■	■		Part of the preventive exam
Sickle cell disease screening	■	■	At birth	For newborns
Skin cancer behavioral counseling	■	■		Part of the preventive exam
Syphilis screening	■	■		
Tuberculosis screening	■	■		
Urinary tract infections (UTI) screening – Asymptomatic bacteriuria		■		During pregnancy
Vision screening	■	■		Part of the preventive exam for children
Vision screening (instrument-based)	■	■	3-5 years	