

Covered preventive services

Men	Women	Pregnant Women	Children (0-17)
-----	-------	----------------	-----------------

Health screenings, counseling and services for:	Suggested guidelines	Men	Women	Pregnant Women	Children (0-17)
Adult abdominal aortic aneurysm	Screening is covered once per lifetime for men age 65 and over if they have ever smoked.	✓			
Alcohol misuse	Screening and behavioral counseling intervention covered for adults age 19 and older.	✓	✓		
Anemia (iron deficiency)	Screening covered up to age 21, and pregnant women.	✓	✓	✓	✓
Bacteriuria (urinary tract infection)	Screening for asymptomatic pregnant women.			✓	
Blood pressure	Screening covered for adults age 18 and older.	✓	✓		
Breast cancer	Screening for women age 40 and older and those at increased risk. Mammograms only.		✓		
Breast cancer chemoprevention	Counseling for women at increased risk.		✓		
Breastfeeding equipment	Manual and electric breastfeeding pumps are covered when purchased or rented from a licensed provider. Hospital-grade pumps are not covered.		✓	✓	
Breastfeeding - lactation support and counseling	Lactation support and counseling are covered when provided by a licensed provider.		✓	✓	
Breastfeeding supplies	Initial breastfeeding supplies provided with a breastfeeding pump.		✓	✓	
Cervical cancer	Screening for sexually active women.		✓		
Chlamydia infection	Screening for infection.		✓		
Cholesterol	Screening for men age 35 and older and men ages 20-35 who are at increased risk for coronary heart disease. Screening for women age 45 and older and those 20-45 who are at increased risk for coronary heart disease.	✓	✓		✓
Colorectal cancer	Screening for those age 50 and older, once every 5 years for a sigmoidoscopy and every 10 years for a colonoscopy, fecal occult blood testing annually.	✓	✓		
Congenital hypothyroidism	Screening for newborns.				✓
Contraceptive education and training	Education and training on contraceptive methods. <i>See Note 1.</i>		✓		✓
Contraceptive devices - implants, cervical caps, intrauterine devices (IUDs), diaphragms	Generic contraceptive devices are covered. When no generic exists, a brand is covered. If a generic becomes available, the brand will no longer be covered under Preventive Care. <i>See Note 1.</i>		✓		✓
Depression screening	Screening during wellness exams.	✓	✓		✓
Diabetes (Type 2)	Screening for adults with sustained high blood pressure.	✓	✓		
Diabetes (Gestational)	Screening for pregnant women between 24 and 28 weeks of gestation and the first pre-natal visit for pregnant women at high risk for diabetes.			✓	
Diet behavioral counseling	Counseling for adults with hyperlipidemia and other risk factors.	✓	✓		
Genetic risk assessment and BRCA (breast cancer susceptibility) mutation counseling and testing	For women with family risk of breast and ovarian cancer.		✓		
Gonorrhea medication	Preventive medication for the eyes of newborns.				✓
Gonorrhea screening	Screening for males up to age 21 and all females.	✓	✓		✓
Hearing	One screening in the first year of life for newborns.				✓

Covered preventive services

		Men	Women	Pregnant Women	Children (0-17)
Hepatitis B	Screening for pregnant women.			✓	
HIV	Screening and counseling during wellness exams for sexually active women. Screening during wellness exams for men, women and children at increased risk.	✓	✓		✓
HPV	Screening for women from age 30 , every 3 years.		✓		
Interpersonal and domestic violence	Screening and counseling during wellness exams.		✓		
Lead screening	Screening up to age 21 .	✓	✓		✓
Metabolic screening	Screening up to age 2 months .				✓
Obesity	Screening and (if obese) counseling age 6 and older.	✓	✓		✓
Oral health	Risk assessment for preschool children.				✓
Osteoporosis	Screening for women age 65 and older and all women at increased risk.		✓		
Phenylketonuria (PKU)	Newborn screening for genetic disorders.				✓
Prevention of falls	Physical therapy for adults age 65 or older residing independently in the community who are at increased risk for falls.	✓	✓		
RH(D) incompatibility	Screening for pregnant women.			✓	
Sexually transmitted infection (STI)	Counseling during wellness exams.	✓	✓		✓
Sickle cell	Screening for children up to 12 months old.				✓
Skin cancer	Counseling for children, adolescents and young adults ages 10 to 24 .	✓	✓		✓
Sterilization	Sterilization is covered. <i>See Note 1.</i>		✓		
Syphilis	Screening for those at increased risk and those up to age 21 ; also includes pregnant women.	✓	✓	✓	✓
Tobacco use	Counseling and interventions. Does not include programs or classes. See also “Tobacco use” below.	✓	✓	✓	
Tuberculosis	Skin test for children.				✓
Vision	Screening for children age 3 up to age 5 .				✓
Immunization vaccines - <i>please consult your physician for frequency</i>					
Diphtheria, pertussis, tetanus (DPT)		✓	✓		✓
Haemophilus influenzae type b (Hib)					✓
Hepatitis A		✓	✓		✓
Hepatitis B		✓	✓		✓
Herpes zoster (shingles)	Age 60 and older.	✓	✓		
Human papillomavirus (HPV)	Up to age 27 .	✓	✓		✓
Inactivated poliovirus					✓
Influenza		✓	✓		✓
Measles, mumps, rubella (MMR)		✓	✓		✓
Meningococcal		✓	✓		✓
Pneumococcal		✓	✓		✓
Rotavirus					✓
Varicella		✓	✓		✓

Covered preventive services

Men	Women	Pregnant Women	Children (0-17)
-----	-------	----------------	-----------------

Prescription medications					
<p>Only the types of prescription medications listed below are covered under Preventive Care. Medications require a prescription.</p> <p>Get the most value for your health care dollar with preferred medications. Learn more at regencerox.com/learn/covered.</p>					
Aspirin use for the prevention of cardiovascular disease	For men age 45-79 and women age 55-79 .	✓	✓		
Contraceptive injectables	Generic contraceptive injectables. See Note 1.		✓		✓
Contraceptive pills	Generic contraceptive pills. See Note 1.		✓		✓
Contraceptive products-topical	Diaphragms and patches. See Notes 1 and 2.		✓		✓
Emergency contraceptive products	Generic contraceptive pills. See Notes 1 and 2.		✓		✓
Fluoride supplements	For children 6 months through age 6 without sufficient fluoride				✓
Folic acid supplements	For all women planning or capable of pregnancy.		✓	✓	
Iron supplements	For children age 6-12 months at increased risk - drops only.				✓
Tobacco use	Generic tobacco cessation medications.	✓	✓		
Vitamin D supplement	For adults age 65 or older residing independently in the community who are at increased risk for falls.	✓	✓		
Wellness exams		Suggested guidelines			
Well-child exams	For children through 17 years of age.				✓
Annual physical exams	Ages 18 and over.	✓	✓		

Notes:

1. This benefit may not be available to members of groups who have applied for a religious exemption from contraceptive coverage.
2. When no generic exists in the medication category, a formulary brand is covered.

Have questions? Call the Customer Service number on the back of your member card or go to the “Contact Us” link at regence.com.