



HEALTH CARE REFORM UPDATE

Your guide to preventive services

Preventive services coverage For over 65 years, keeping members healthy has been the foundation of our coordinated care model. And when your employees get the right care at the right time, they stay healthier and more productive – which saves you money. That’s why preventive care is important to the health of your workforce and your business.

Under the Affordable Care Act, most of our plans cover certain preventive services **with no cost sharing**. This document describes these preventive care services for the following commercial (non-Medicare) medical plans with plan years beginning on or after January 1, 2014:

- all individual and family plans except grandfathered plans
- all small group plans
- all large group plans except grandfathered and retiree-only plans
- all grandfathered and retiree-only large group plans that chose to add our Health Care Reform Preventive Services Package

This summary includes information about our Health Care Reform Preventive Services Package including women’s preventive services, and a list of mandated services for certain states. For contracts issued in one of these states, our Health Care Reform Preventive Services Package also includes the services listed for that state.

Our Health Care Reform Preventive Services Package

The following preventive services are covered without a copayment, coinsurance, or deductible when these services are delivered by a network provider.

Preventive services for adults

- age-appropriate **preventive medical examination**
- discussion with primary care physician regarding **alcohol misuse**
- discussion with primary care physician regarding **obesity and weight management**
- one-time screening for **abdominal aortic aneurysm** by ultrasonography in men age 65 to 75 who have ever smoked
- **blood pressure screening** for all adults
- **cholesterol screening** for adults at higher risk of cardiovascular disease
- **colon cancer screening** for adults age 50 to 75
- **prostate cancer screening** in men age 50 to 75
- **depression screening** for adults
- **type 2 diabetes screening** for adults with high blood pressure
- discussion with primary care physician regarding aspirin for adults at **higher risk of cardiovascular disease**
- discussion with primary care physician regarding **diet counseling** for adults at higher risk for chronic disease
- **immunizations** for adults (doses, recommended ages, and recommended populations vary):
 - hepatitis A
 - hepatitis B
 - herpes zoster
 - human papillomavirus
 - influenza
 - measles, mumps, rubella
 - meningococcal
 - pneumococcal
 - tetanus, diphtheria, pertussis
 - varicella
- screening for all adults at higher risk for **sexually transmitted infections** and counseling for prevention of sexually transmitted infections, including:
 - chlamydia
 - gonorrhea
 - HIV
 - syphilis
- discussion with primary care physician regarding **tobacco cessation**
- certain **over-the-counter drugs** when prescribed by a physician for preventive purposes, including:
 - aspirin to reduce the risk of heart attack
 - oral fluoride for children to reduce the risk of tooth decay
 - folic acid for women to reduce the risk of birth defects
 - iron supplements for children to reduce the risk of anemia
 - female contraceptives that are approved by the Food and Drug Administration (FDA) and are generally available over the counter
 - vitamin D supplements for adults to prevent falls

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.

Preventive services for women, including pregnant women

- age-appropriate **preventive medical examination**
- discussion with primary care physician regarding **chemoprevention** in women at higher risk for breast cancer
- discussion with primary care physician regarding inherited susceptibility to **breast and/or ovarian cancer**
- **mammography screening** for breast cancer for women age 50 to 74
- **mammography screening** for breast cancer in other age groups as jointly determined by patient and physician
- **cervical cancer screening** in women age 21 to 65
- **osteoporosis screening** for women age 65 or older and women at higher risk
- discussion with primary care physician regarding **tobacco cessation**
- **chlamydia infection screening** for sexually active women (and men) at higher risk
- **gonorrhea screening** for all women at higher risk
- **syphilis screening** for all pregnant women and other women at higher risk
- **anemia screening** for pregnant women
- **urinary tract** or other infection screening for pregnant women
- **hepatitis B screening** for pregnant women at their first prenatal visit
- discussion with primary care physician about **folic acid supplements** for women who may become pregnant
- **Rh incompatibility** screening for pregnant women and follow-up testing for women at higher risk
- routine **prenatal care visits**
- discussion with primary care physician regarding **preconception care**
- discussion with primary care physician about interventions to promote and support **breastfeeding and comprehensive lactation support and counseling**
- provision of **breastfeeding equipment**
- **gestational diabetes screening** for pregnant women between 24 and 28 weeks of gestation and for pregnant women identified to be at high risk for diabetes
- discussion with primary care physician about **interpersonal and domestic violence**
- **female sterilizations** (Some group plans are not required to cover these services. For more information on whether your plan covers these services, see your *Evidence of Coverage* or contact your Kaiser Permanente representative.)
- prescribed, FDA-approved **contraceptive devices and contraceptive drugs**; discussion with primary care physician about **contraceptive methods** (Some group plans are not required to cover these services. For more information on whether your plan covers these services, see your *Evidence of Coverage* or contact your Kaiser Permanente representative.)
- in-depth **genetic counseling** to assess risk of carrying a mutation of breast cancer susceptibility genes, or BRCA, for those women who meet U.S. Preventive Services Task Force guidelines
- **BRCA testing** for high-risk individuals and when services are ordered by a plan physician

Preventive services for children

- age-appropriate **preventive medical examination**
- **medical history** for all children throughout development
- **height, weight, and body mass index measurements** for children
- **behavioral assessments** for children of all ages by primary care physician
- **developmental screening** for children under 3 years and surveillance throughout childhood by primary care physician
- discussion with primary care physician regarding **alcohol and drug use assessments** for adolescents
- **autism screening** for children at age 18 months and 24 months by primary care physician
- **cervical dysplasia screening** for sexually active females
- **congenital hypothyroidism screening** for newborns
- **phenylketonuria (PKU) screening** in newborns
- **dyslipidemia screening** for children at higher risk of lipid disorders
- **oral health risk assessment** for young children by primary care physician
- **lead screening** for children at risk of exposure
- discussion with primary care physician regarding **obesity screening and counseling**
- **gonorrhea prevention medication** for the eyes of all newborns
- **hearing screening** for all newborns
- **vision screening** for all children
- **hematocrit or hemoglobin screening** for children
- **hemoglobinopathies or sickle cell screening** for newborns
- **tuberculin testing** for children at higher risk of tuberculosis
- **HIV screening** for adolescents at higher risk
- **sexually transmitted infection (STI) prevention** counseling for adolescents at higher risk
- discussion with primary care physician regarding **fluoride supplements** for children who have no fluoride in their water source
- discussion with primary care physician regarding **iron supplements** for children age 6 months to 12 months who are at risk for anemia
- **immunizations** for children 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
 - pneumococcal
 - rotavirus
 - varicella

Additional information about preventive services

Preventive and other services provided during the same visit

There are some additional things to keep in mind about coverage for mandated preventive services that are provided along with other services during the same visit. The following cost-sharing rules apply when a mandated preventive service is provided during an office visit:

- If the preventive service is billed separately (or is tracked as individual encounter data separately) from the office visit, then cost sharing may apply to the office visit.
- If the preventive service is **not** billed separately (or is not tracked as individual encounter data separately) from the office visit, then:
 - If the primary purpose of the office visit is the delivery of the preventive service, then no cost sharing may apply to the office visit.
 - If the primary purpose of the office visit is **not** the delivery of the preventive service, then cost sharing may apply to the office visit.

For more information

Please see the *Evidence of Coverage, Certificate of Insurance, or Member Handbook* for plan information about preventive services, or contact your Kaiser Permanente representative for more information.

Information may have changed since publication.