

PREVENTIVE CARE



Highlights of your preventive care benefits

You pay nothing – no coinsurance, copayment or deductible – for covered preventive care services when you visit in-network providers. Preventive care benefits for services from out-of-network providers are subject to your out-of-network benefit.

The listed preventive care services may be adjusted to agree with federal government changes, updates and revisions.

Services for adults (18 years and older)	Services for adults (continued)	Services for children (17 years and younger)
<ul style="list-style-type: none"> • Annual adult physical examinations • Abdominal aortic aneurysm screening • Behavioral counseling for participants who are overweight or obese • Bone density • Breast cancer (BRCA) risk assessment and genetic counseling and testing for high-risk family history of breast or ovarian cancer • Chemistry panels • Cholesterol screening • Colorectal cancer screening • Complete blood count (CBC) • Diabetes prevention program (CDC-approved curriculum) • Diabetes screening • Diet and physical activity behavioral counseling • Health risk assessment for depression, anxiety and/or self-harm • Hepatitis B virus screening • Hepatitis C virus infection screening • HIV assessment • Lung cancer screening for participants age 50 and older • Pap test 	<ul style="list-style-type: none"> • PSA test • Screening and assessment for interpersonal and domestic violence • Screening mammogram • Skin cancer prevention counseling • Sexually transmitted infections assessment • Tobacco, alcohol or drug use assessment and counseling • Transmittable disease screening and counseling (chlamydia, gonorrhea, human immunodeficiency virus [HIV], human papillomavirus [HPV], syphilis, tuberculosis [TB]) • Thyroid-stimulating hormone (TSH) • Urinalysis (UA) • Urinary incontinence screening • Well-woman visits for recommended age-appropriate preventive services <p style="text-align: center;">Services for pregnant women or women who may become pregnant</p> <ul style="list-style-type: none"> • Behavioral counseling for healthy weight and weight gain in pregnancy • Breastfeeding support, supplies and counseling • Gestational diabetes screening • Iron deficiency screening • Perinatal depression counseling and intervention • Preeclampsia screening • Prescribed contraceptive coverage¹ • RhD incompatibility screening • Urine culture 	<ul style="list-style-type: none"> • Anemia screening • Dental fluoride application for participants age 5 and younger • Health risk assessment for depression, anxiety and/or self-harm • Lipid disorder screening • Preventive lead screening • Rubella screening • Skin cancer prevention counseling • Routine or scheduled well-baby and well-child examinations, including vision, hearing and developmental screenings • Newborn screenings: <ul style="list-style-type: none"> • Hearing test • Metabolic screening (PKU, thyroxine, sickle cell) • Screening EKG <p>Please note: Not all children require all the services identified above. Your provider should give you information about your child's growth, development and general health, and answer any questions you may have.</p>

¹For groups that offer prescribed contraceptive coverage: Blue Cross of Idaho pays 100% of the cost of women's preventive prescription drugs and devices as specifically listed on the Blue Cross of Idaho Formulary on our website at bcidaho.com; deductible does not apply. The day supply allowed shall not exceed a 90-day supply at one time, as applicable to the specific contraceptive drug or supply. Prescribed contraceptive services include diaphragms, intrauterine devices (IUDs), implantables, injections and tubal ligation.

Immunization
Acellular pertussis
Coronavirus disease 2019 (COVID-19)
Diphtheria
Haemophilus influenzae B
Hepatitis B
Influenza
Measles
Mumps
Pneumococcal (pneumonia)
Poliomyelitis (polio)
Rotavirus
Rubella
Tetanus
Varicella (chicken pox)
Hepatitis A
Meningococcal
Human Papillomavirus (HPV)
Zoster
Other immunizations not specifically listed may be covered at the discretion of Blue Cross of Idaho when medically necessary.

Covered prescription drug information: To find out which drugs are covered by Blue Cross of Idaho plans, review our drug formularies, which are lists of covered drugs based on plan type, by visiting the Blue Cross of Idaho website at providers.bcidaho.com/forms-and-resources/resources/pharmacy.page.

Please note: Your provider must bill these services as preventive/wellness services.

Updates for 2023: Added "diabetes prevention program (CDC-approved curriculum)." Updated health risk assessment for depression to include "anxiety and/or self-harm." Added "health risk assessment for depression, anxiety and/or self-harm" to services for children. Added "coronavirus disease 2019 (COVID-19)" to immunizations.

Applies to non-grandfathered individual and group plans. The descriptions above are general in nature, to allow for an overall view of Blue Cross of Idaho's preventive care coverage. For complete descriptions of your policy and policy changes, please read your policy and policy amendment language.



Preventive Schedule

Make a Plan for Your Health

People plan ahead for many things – vacations, buying tickets to the big game or making reservations at busy restaurants – because they want to make sure they have access to things that are important.

Planning ahead in healthcare is a good idea, too. There are certain services that you need annually, including wellness visits and flu shots, which you can schedule months in advance. By doing so, you can be sure you aren't scrambling to find an appointment later in the year.

Scheduling early also has other benefits, like being able to choose the time of your visit. Whether you prefer morning, afternoon or weekend appointments, scheduling early gives you the best chance at getting the dates and times you prefer.

<input checked="" type="checkbox"/> CHECK WHEN COMPLETED	FREQUENCY	DATE SCHEDULED
<input type="checkbox"/> Annual wellness exam	Every 12 months	
<input type="checkbox"/> Blood pressure test	At least every year ²	
<input type="checkbox"/> Cholesterol test	Every 5 years ²	
<input type="checkbox"/> Body mass index test	Every year	
<input type="checkbox"/> Bone mass measurement	Every 1-2 years	
<input type="checkbox"/> Breast cancer screening	Ask my doctor	
<input type="checkbox"/> Colon cancer screening	Ask my doctor	
<input type="checkbox"/> Diabetes screening (A1C)	At least annually ²	
<input type="checkbox"/> Flu vaccine	Every year	
<input type="checkbox"/> Pneumonia vaccine	Once after age 65	

²Your primary care provider (PCP) will help you decide if you need more frequent screenings.

Depending on your health and personal risk factors, your preventive care schedule may differ from the standard recommendations. Talk with your doctor about a schedule that's best for you. If you have particular risk factors like a chronic disease, obesity, or a family history of a disease, your PCP may recommend additional screenings.