

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>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.