

To help you live the healthiest life possible, Network Health offers preventive services at no cost for most of our members.

Your annual wellness visit, which consists of a general review of your health and well-being, is considered preventive and is covered by Network Health at no charge when you visit a doctor within our provider network. For more information about covered pharmacy benefits, please use the **Look Up Medications** tool at [networkhealth.com/look-up-medications](http://networkhealth.com/look-up-medications). Select your plan type and view the formulary.

\*Network Health follows the recommendations of the United States Preventive Services Task Force (USPSTF).

**Services offered once per calendar year unless otherwise noted.**

## Children's Health (Newborn through age 18)

WELL-CHILD VISITS	
AGE	RECOMMENDATION
Newborn	One visit 3-5 days after birth, within 48-72 hours after discharge.
0-2 years	One visit at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months old.
3-6 years	One visit at 30 months and one visit every year for ages 3-6.
7-18 years	One visit every calendar year.
IMMUNIZATIONS	
VACCINE	RECOMMENDATION
Age appropriate immunizations Newborn through 6 years	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for children ages Newborn through 6 years. <a href="http://www.cdc.gov/vaccines/imz-schedules/downloads/parent-ver-sch-0-6yrs.pdf">www.cdc.gov/vaccines/imz-schedules/downloads/parent-ver-sch-0-6yrs.pdf</a>
Age appropriate immunizations 7-18 years	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for children and adolescents ages 7-18 years. <a href="http://www.cdc.gov/vaccines/imz-schedules/downloads/parent-version-schedule-7-18yrs.pdf">www.cdc.gov/vaccines/imz-schedules/downloads/parent-version-schedule-7-18yrs.pdf</a>
Flu (influenza)	Two total doses 4 weeks apart for healthy children between 6 months and 8 years old the first time they get the vaccine. Children who have previously had the flu shot and those over 8 years old can receive one dose annually.
DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Alcohol and drug use	Screening for adolescents during well-child visits.
Autism	Screening for children during well-child visits.
Behavioral assessment	Screening for children during well-child visits.
Blood pressure	Screening for children during well-child visits.
Cavity prevention	Fluoride application starting at age of primary tooth eruption, up to 5 years old.
Depression screening	Screening and assessment during well-child visits at 12-18 years old.
Developmental	Screening for children ages newborn to 31 months during well-child visits.
Dyslipidemia	Screening for children at high risk at ages 2-8, 12-16; universal screening once between ages 9-11 and once between ages 17-21.
Hearing loss	Screening for all newborns. Screening for children age 4 years and older.
Height, weight and body mass percentile	Screening for children during well-child visits.
Hematocrit or hemoglobin	Screening for all children around 12 months, other ages if indicated.
Hemoglobinopathies	Screening for sickle cell disease in newborns.
Hepatitis B	Screening for adolescents at higher risk.
HIV screening	Screening for adolescents ages 15 to 18 years. Screening for younger adolescents at increased risk.
Hypothyroidism	Screening for newborns.
Lead	Screening for children ages 6 months to 7 years at risk of exposure.
Medical history	Reviewed during well-child visits.

## Children's Health (Newborn through age 18)

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Obesity screening and counseling	Screening for children age 6 years and older during well-child visits. Behavioral interventions for those at increased risk.
Oral health	Risk assessment for children ages 0-11 months, 1-4 years, 5-10 years during well-child visits.
Phenylketonuria screening	Screening for newborns.
PrEP screening and counseling	Labs and services related to use and monitoring of HIV pre-exposure prophylaxis (PrEP).
Sexually transmitted infections	Prevention counseling and screening for adolescents at higher risk.
Skin cancer behavioral counseling	Counseling for young adults, adolescents, children and parents of young children aged 6 months to 24 years with fair skin.
Tobacco use	Screening and counseling during well-child visits for school-aged children and adolescents.
Tuberculosis screening	Screen for risk by 1 month, at 6, 12, and 24 months, and annually at 3-18 years; perform testing for those at high risk
Vision	Screening for all children at least once between the ages of 3 and 5 years to detect the presence of amblyopia or its risk factors.
Visual acuity screening	Screening for children under age 18 years.
DRUGS	
PRESCRIPTIONS	RECOMMENDATION
Gonorrhea preventive	Ocular topical medication for all newborns.
Oral fluoride supplements	Children 6 months-16 years old without fluoride in their water source.
HIV pre-exposure prophylaxis (PrEP) for prevention of HIV infection	Persons at high risk for HIV. Prior authorization is required.

## Adult Health (Care for all adults)

PHYSICAL EXAMS	
AGE	RECOMMENDATION
19-21 years	Once every 2-3 years; annually if desired.
22-64 years	Once every 1-3 years.
65 and older	One every calendar year.
IMMUNIZATIONS (Doses, ages and recommendations vary)	
VACCINE	RECOMMENDATION
Age appropriate immunizations	Please see routine immunizations recommended by the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) for adults. <a href="http://www.cdc.gov/vaccines/imz-schedules/adult-easyread.html">www.cdc.gov/vaccines/imz-schedules/adult-easyread.html</a>
Flu (influenza)	One dose every year.
Shingles (herpes zoster)	Two doses total of Shingrix (RZV), 2 to 6 months apart for those 50 and older.
DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Abdominal aortic aneurysm screening	One time screening for men ages 65-75 with a history of smoking.
Alcohol misuse screening and counseling	Screening for all adults age 18 years and older. Behavioral counseling for those engaged in risky behavior.
Blood pressure screening	During physical exam.
Cholesterol screening	Screening for adults ages 40-75. Age/frequency varies depending on coverage plan.
Colorectal cancer screening	For those ages 45-75, one of the following screenings: <ul style="list-style-type: none"> <li>· Colonoscopy every 10 years</li> <li>· CT colonography every 5 years</li> <li>· Flexible sigmoidoscopy every 5 years</li> <li>· FIT every year</li> <li>· FIT-DNA every 3 years</li> <li>· gFOBT every year</li> </ul>
Depression and anxiety screening	Screening for adults.
Diabetes screening	Screening for adults ages 35-70 at higher risk due to weight and cardiovascular disease risk.
Diet and physical activity counseling	Behavioral counseling for overweight adults with additional cardiovascular disease risk factors.
Falls prevention: exercise or physical therapy	Exercise or physical therapy to prevent falls in community-dwelling adults age 65 and older at increased risk for falls.

## Adult Health (Care for all adults)

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Hepatitis B screening	Screening for adults at high risk.
Hepatitis C screening	Screening for adults at high risk and a one-time screening for adults ages 18-79 years.
HIV screening	Screening for adults up to age 65. Screen older adults if at high risk.
Lung cancer screening	Screening with low-dose computed tomography for adults ages 50-80 who have a 20-pack/year smoking history and currently smoke or quit within the past 15 years.
Obesity screening and counseling	Screening for all adults during wellness visits, behavioral interventions for those with a body mass index of 30kg/m <sup>2</sup> or higher.
PrEP screening and counseling	Labs and services related to use and monitoring of HIV pre-exposure prophylaxis (PrEP).
Sexually transmitted infection (STI) counseling	Behavioral counseling for all sexually active adults who are at increased risk for sexually transmitted infections.
Syphilis screening	Screening for adults at increased risk.
Tobacco counseling and interventions	Screening of all adults during wellness visits. Advise to stop and cessation interventions for adults who use tobacco.
Tuberculosis testing	Screening for adults at increased risk.
Vision	Screening (unless directly excluded from your policy).
DRUGS (Prescription Required)	
PRESCRIPTION	RECOMMENDATION
Statin preventive medications	Adults ages 40-75 with cardiovascular disease risk factors with an increased risk of having a cardiovascular event.
Tobacco cessation products	US FDA approved pharmacotherapy for cessation.
HIV pre-exposure prophylaxis (PrEP) for prevention of HIV infection	Persons at high risk for HIV. Prior authorization is required.
Formulary covered bowel preparation products used in conjunction with a preventive colorectal cancer screening	As prescribed prior to colorectal cancer screening for those ages 45-75.

## Women's Health (See the "Adult Health" section for recommended care for all adults)

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Anemia screening	Screening for pregnant women or women who may become pregnant.
BRCA risk assessment and counseling	Risk assessments for women with a family history of breast, ovarian, tubal or peritoneal cancer. Women who test positive should receive genetic counseling and, if indicated after counseling, BRCA testing (1 time).
Breast cancer screening	Every 1-2 years for women 40 years and over. (May be done at a younger age for those with high risk).
Chlamydia screening	Screening for sexually active women age 24 years and younger and in older women at increased risk.
Contraceptive counseling and contraception methods	FDA-approved contraceptive methods, sterilization procedures, education and counseling.
Gonorrhea screening	Screening for sexually active women 24 and under and in older women at increased risk.
Intimate partner violence screening and counseling	Screening for women of childbearing age and intervention for those who screen positive.
Osteoporosis screening	Every 3 years for women age 65 and older and younger women who are at high risk.
Pap and HPV test (cervical cancer screening)	Age 21-65 cytology (pap) every 3 years, or for those age 30-65 who wish to lengthen screening interval, pap and HPV every 5 years.
Urinary incontinence screening	Screening questions during annual well visit (does not include labs).
DRUGS (Prescription Required)	
PRESCRIPTION	RECOMMENDATION
Breast cancer prevention medication	Approved risk-reducing medications for women at increased risk for breast cancer and low risk for adverse medication effects.
Folic Acid	Folic acid supplements for women who are planning or capable of pregnancy.
CONTRACEPTIVES (Prescription Required)	
TYPE	METHOD
Contraceptives	Approved contraceptive methods (oral, implantable—insertion and removal—and injectable); generic when available.
Permanent	Sterilization

# Pregnant Women's Health

DOCTOR VISITS AND TESTS	
ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION
Anemia screening	Screening for pregnant women.
Bacteriuria screening	Screening for pregnant women at 12 to 16 weeks gestation or during first prenatal visit if later.
Breastfeeding support, supplies and counseling	Interventions before pregnancy and after birth to support breastfeeding.
Diabetes screening after pregnancy	Screening for women with a history of gestational diabetes during the one-year postpartum period, additional screening as appropriate.
Gestational diabetes screening	Screening for pregnant women after 24 weeks of gestation.
Hepatitis B screening	Screening during the first prenatal visit.
HIV screening	Screening for all pregnant women.
Preeclampsia screening	Screening in pregnant women with blood pressure measurements throughout.
Perinatal depression screening	Screening for pregnant and postpartum women, counseling for those at increased risk.
Rh incompatibility screening: first pregnancy visit	Rh(D) blood typing and antibody testing for all pregnant women during their first pregnancy related visit.
Rh incompatibility screening: 24/28 weeks' gestation	Repeated Rh(D) antibody testing for all unsensitized Rh(D)-negative women at 24-28 weeks' gestation, unless biological father is known to be Rh(D)-negative.
Syphilis screening	Screening for all pregnant women.
DRUGS (Prescription Required)	
PRESCRIPTION	RECOMMENDATION
Low-dose aspirin therapy	After 12 weeks of gestation for pregnant women who are at risk for preeclampsia.

