

Preventive Care Schedule

Effective January 1, 2010

The plan pays for only preventive care given by a network provider.

Coverage based on recommendations from the U. S. Preventive Services Task Force, the Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics.

Well child visits (birth–age 18)	Preventive schedule
<ul style="list-style-type: none"> Wellness exam Visual screening Hearing screening 	<ul style="list-style-type: none"> Standard incremental infant check-ups for the first 12 months; every 12 months ages 1–18 Every 12 months ages 3–5; then at ages 6, 8, 10, 12 and 15 Every 12 months ages 4–6; then at ages 8, 10, 12 and 15
<p>Immunizations: Includes standard childhood immunizations and expanded age ranges for some immunizations.</p>	At doctor-recommended ages for each childhood immunization; expanded adult immunizations for at-risk patients
Adult (age 19+)	Preventive schedule
Physical examination	Every 12 months
Pelvic and breast examination	Every 12 months
Pap test	Every 1–3 years based on history
Mammogram	Every 12 months after age 39
Prostate cancer screening	Every 12 months
Urinalysis, venipuncture and CBC	Every 12 months
Lipid panel	Every 5 years after age 20
Glucose testing (for high-risk patients)	Every 3 years after age 45
Bone mineral density screening	Every 2 years if high risk for osteoporosis
<p>Colorectal cancer screening</p> <ul style="list-style-type: none"> Fecal occult blood test Screening with flexible sigmoidoscopy or double contrast barium enema Colonoscopy 	<p>As directed by a physician</p> <ul style="list-style-type: none"> Every 12 months after age 50 Every 5 years after age 50 Every 10 years after age 50 (or as recommended by your doctor if high risk)



Do well. Do right.[®]

This general summary is not a complete list of the preventive health schedule provided under your plan. To determine if a specific procedure is covered under the wellness benefit, call Highmark Blue Cross Blue Shield[®] at 1-866-472-0924.

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Prevention Of Obesity

Obesity places individuals at risk for a number of chronic and debilitating diseases. We are working with physicians, policymakers, The Children’s Health Fund and representatives from the private sector to address the childhood obesity crisis and to create solutions to obesity-related problems. As part of our “Prevention of Obesity” initiative, the following benefits are part of our Preventive Schedule.

Schedule for children	Preventive schedule
Children with a body mass index (BMI) in the 95th percentile are eligible for:	<ul style="list-style-type: none"> • Two additional annual preventive office visits specifically for obesity • Two annual nutritional counseling visits specifically for obesity • One set of recommended laboratory studies
Children with a BMI in the 85th percentile are eligible for:	<ul style="list-style-type: none"> • One additional annual preventive office visit specifically for obesity and blood pressure measurement

Schedule for adults (age 19+)	Preventive schedule
Adults with a BMI over 30 are eligible for:	<ul style="list-style-type: none"> • Two additional annual preventive office visits specifically for obesity and blood pressure measurement • Two annual nutritional counseling visits specifically for obesity • One set of recommended laboratory studies

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