

preventive care schedule

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
Wellness exam	<ul style="list-style-type: none"> Standard incremental infant check-ups for the first 12 months; every 12 months ages 1-18
Visual screening	<ul style="list-style-type: none"> Every 12 months ages 3-5; then at ages 6, 8, 10, 12 and 15
Hearing screening	<ul style="list-style-type: none"> Every 12 months ages 4-6; then at ages 8, 10, 12 and 15
Immunizations: Includes standard childhood immunizations and expanded age ranges for some immunizations.	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
Colorectal cancer screening <ul style="list-style-type: none"> Fecal occult blood test Screening with flexible sigmoidoscopy or double contrast barium enema Colonoscopy 	As directed by a physician if high-risk or <ul style="list-style-type: none"> Every 12 months after age 50 Every 5 years after age 50 Every 10 years after age 50

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.

Prevention of Obesity

The obesity epidemic places individuals at risk for a number of chronic and debilitating diseases. Highmark is 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.

Schedule for Children	Preventive Schedule
Children with a body mass index (BMI) in the 95 th 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 85 th 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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