

Preventive Care Services to help you manage your health

UnitedHealthcare is dedicated to helping people live healthier lives, and we encourage regular preventive care visits with a network physician to help maintain your health.



UnitedHealthcare encourages you to obtain preventive care services and health screenings, as appropriate for your age, to help maintain or improve your health. Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment. The following recommended preventive care guidelines¹, along with the advice of your doctor, may help you stay healthy and reach your health and wellness goals, helping you live a healthier life.

Under the Affordable Care Act (ACA)¹, most UnitedHealthcare plan members are eligible to receive certain preventive health care services, based upon age, gender and other factors without cost sharing (the amount you pay for some of the costs of your health care). Certain preventive care services are covered at 100% without charging a copayment, coinsurance or deductible, as long as you obtain the services from a health plan network provider. UnitedHealthcare also covers diagnostic (non-preventive) services which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.

Summary of preventive care guidelines

UnitedHealthcare is committed to advancing prevention and early detection of disease. The following is a high-level summary of the preventive care guideline recommendations.

Preventive care screening services for members at an appropriate age and/or risk status:

- ▶ Well examination
- ▶ Obesity
- ▶ High blood pressure
- ▶ Diabetes for certain populations
- ▶ Cholesterol (Lipid disorders - with no prior history)
- ▶ Human Immunodeficiency Virus (HIV)
- ▶ Colorectal cancer for ages 50-75
- ▶ Hepatitis C Virus Infection
- ▶ Lung Cancer with low-dose CT Scan recommended for ages 55-80 with at least a 30 pack-year smoking history, requires prior authorization.

- ▶ All standard immunizations within the ages recommended, if any, by the Federal Drug Administration (FDA) or Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC).

Primary Care Counseling:

- ▶ Interventions to prevent Tobacco use and Tobacco related disease; may include certain smoking cessation medications as prescribed by physician and meeting approved guidelines.
- ▶ To promote a healthy diet
- ▶ To reduce alcohol misuse
- ▶ For depression
- ▶ For injury and fall prevention
- ▶ For intimate partner violence

Women's preventive care screening services at an appropriate age and/or risk status:

- ▶ Well-women visits
- ▶ Certain sexually transmitted infections
- ▶ Cervical cancer, Pap Smear - for ages 21 to 65 years
- ▶ Human papilloma virus (HPV) DNA testing beginning at age 30
- ▶ Mammography for all adult women
- ▶ Breast Cancer prevention counseling strategies for women at high risk for breast cancer
- ▶ Osteoporosis for certain populations
- ▶ Folic Acid – Recommended for all women beginning at age 18 who are planning or capable of childbearing
- ▶ Breast Cancer Genetic Test Evaluation and Counseling (BRCA), for ages 18+ with a family history of breast or ovarian cancer
- ▶ FDA Approved Contraception Methods and Counseling

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Women's preventive health screening: *continued*

- ▶ Interpersonal and Domestic Violence Screening and Counseling
- ▶ **Screenings for Pregnant women:**
 - Gestational Diabetes Screening
 - Screening for Rubella, Iron Deficiency Anemia, Urinary Tract Infection
 - Hepatitis B, Blood Type and RH(D) Incompatibility Screening
 - Primary Care interventions to promote breast feeding and Post-Partum Counseling, Equipment and Supplies

Men's preventive care screening services at an appropriate age and/or risk status:

- ▶ Abdominal aortic aneurysm for men 65–75 years old who have ever smoked

Children's preventive care screening services at an appropriate age and/or risk status:

Services at each preventive visit will vary based on age, but may include some of the following:

- ▶ Age appropriate well examination
- ▶ Measurement of your child's head size
- ▶ Measurement of length/height and weight
- ▶ Metabolic screening panel for newborns - age 0-90 days old
- ▶ Screening blood tests, if appropriate
- ▶ Provide age appropriate immunizations
- ▶ Vision screening for children less than age 5
- ▶ Oral health risk assessment

- ▶ Fluoride application for ages 0-6 years, under certain circumstances
- ▶ Hearing screening
- ▶ Autism screening at 18 months and 24 months. May be done earlier or more frequently for young children at defined risk
- ▶ Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- ▶ Counseling for children and their parents on promoting a healthy diet and exercise
- ▶ Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more
- ▶ Screening for depression
- ▶ Evaluate the need for iron supplements

Not all children require all of the services identified above. Following your child's preventive visit the doctor should also provide you with information about your child's growth, development and general health, and answer any questions you may have about your child.

Talk to your doctor

Consult your doctor for your specific preventive care recommendations, as he or she is an important source of information about your health.



For more information on preventive care recommendations, visit our online website at www.uhcpreventivecare.com. You can view your age appropriate preventive guidelines and email, download or print your results. You can also sign up for preventive care email reminders.



¹ These guidelines are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), U.S. Department of Health and Human Services and the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

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