



**HEALTH CARE REFORM**

# Preventive Care

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BlueCross BlueShield of South Carolina *and* BlueChoice HealthPlan of South Carolina



## Preventive Care

There was a time when “an apple a day ...” was the best preventive care advice around. But for many years, BlueCross BlueShield of South Carolina and BlueChoice HealthPlan have done much more than offer advice. They’ve actually provided coverage — at little or no cost to members — for preventive health care services ... long before health care reform took effect.

But now that health care reform is here, it has brought more attention to the importance of getting preventive care screenings and other specific services. So here’s what you can expect to change — and in some instances, stay the same — for BlueCross and BlueChoice HealthPlan.

### WHAT THE LAW REQUIRES

The health care reform law requires health plans to provide coverage to non-grandfathered plans at no cost-sharing for “Recommended Preventive Services” when furnished by an in-network provider. These services are described in the United States Preventive Services Task Force (USPSTF) A and B Recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control (CDC), and Health Resources and Services Administration (HRSA) guidelines including the American Academy of Pediatric Bright Futures recommendations. These are all summarized in this booklet, but you should visit this website for a more complete and detailed list of all Recommended Preventive Services: [www.healthcare.gov/center/regulations/prevention/recommendations.html](http://www.healthcare.gov/center/regulations/prevention/recommendations.html).



## USPSTF Grade A and B Recommendations

Abdominal aortic aneurysm screening (one-time for men ages 65–75 who have smoked)

Alcohol misuse screening and counseling

Aspirin to prevent cardiovascular disease (men ages 45–79; women ages 55–79)

Bacteriuria screening (pregnant women)

BRCA screening counseling (women with family history/risk factors)

Breast cancer screening [mammography] (women ages 40 and over)

Breast cancer chemoprevention discussion

Breast feeding interventions

Cervical cancer screenings (sexually active women)

Chlamydial infection screenings

Cholesterol screening:

- Men ages 35 and older
- Women ages 45 and older
- Men and women at risk for heart disease: ages 20 and over

Colorectal cancer screening: fecal occult blood testing, sigmoidoscopy or colonoscopy (ages 50–75)

Congenital hypothyroidism (newborns)

Dental caries [oral fluoride] (preschool children w/fluoride-deficient water sources)

Depression screening (adults)

Depression screening: major depressive disorder (adolescents)

Diabetes screening (adults with sustained blood pressure of 135/80 mm Hg or greater)

Dietary counseling (adults with hyperlipidemia and other risk factors)

Folic acid supplements (women planning or capable of a pregnancy)

Gonorrhea screening (sexually active women)

Gonorrhea, prophylactic eye medicine (newborns)

Hearing loss screening (newborns)

Hepatitis B screening (pregnant women)

High blood pressure screening (age 18 and over)

HIV screening (adolescents and adults at increased risk)

Iron deficiency anemia screening (pregnant women)

Iron supplements (children ages 6–12 months at increased risk for iron deficiency)

Obesity screening and counseling (adults and children over age 6)

Osteoporosis screening (women ages 65 and over; age 60 if at increased risk)

PKU screening (newborns)

Rh incompatibility (pregnant women)

Sexually transmitted infections (STIs) counseling (sexually active adolescents; adults at increased risk)

Sickle cell screening (newborns)

Syphilis screenings (people at increased risk; pregnant women)

Tobacco use screening and intervention (adults and pregnant women)

Visual acuity (children under age 5)

*Note: the 2002 – and not the 2009 – recommendations regarding breast cancer screening, mammography and prevention are considered current.*

To see a more detailed explanation of these recommendations, please visit this website: [www.healthcare.gov/center/regulations/prevention/taskforce.html](http://www.healthcare.gov/center/regulations/prevention/taskforce.html).

## Immunizations Recommended by the ACIP at the CDC



These immunizations are recommended for routine use:

### CHILDREN AGES 0–6

Hepatitis B  
Rotavirus  
Diphtheria, Tetanus, Pertussis  
Haemophilus influenza type b  
Pneumococcal  
Inactivated Poliovirus  
Influenza  
Measles, Mumps, Rubella  
Varicella  
Hepatitis A  
Meningococcal

### CHILDREN AGES 7–18

Tetanus, Diphtheria, Pertussis  
Human Papillomavirus  
Meningococcal  
Influenza  
Pneumococcal  
Hepatitis A  
Hepatitis B  
Inactivated Poliovirus  
Measles, Mumps, Rubella  
Varicella

To view or download a PDF of the complete **Recommended Immunization Schedule for Persons Aged 0 Through 6 Years** chart with notes, please visit this Web page: [www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_0-6yrs-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_0-6yrs-schedule-pr.pdf).

To view or download a PDF of the complete **Recommended Immunization Schedule for Persons Aged 7 Through 18 Years** chart with notes, please visit this Web page: [www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_7-18yrs-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_7-18yrs-schedule-pr.pdf).

These immunizations are recommended as “catch-up immunizations” for children ages 4 months to 18 years old who start receiving their immunizations late or are more than one month behind.

4 MONTHS – 6 YEARS	AGES 7–18
Hepatitis B	Tetanus, Diphtheria/Tetanus, Diphtheria, Pertussis
Rotavirus	Human Papillomavirus
Diphtheria, Tetanus, Pertussis	Hepatitis A
Haemophilus influenza type b	Hepatitis B
Pneumococcal	Inactivated Poliovirus
Inactivated Poliovirus	Measles, Mumps, Rubella
Measles, Mumps, Rubella	Varicella
Varicella	
Hepatitis A	

To see or download a PDF of the complete **Catch-up Immunization Schedule for Persons Aged 4 Months Through 18 Years Who Start Late or Who Are More Than 1 Month Behind** chart with notes, visit this Web page: [www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_catchup-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_catchup-schedule-pr.pdf).

These immunizations are recommended for adults:

Tetanus, Diphtheria, Pertussis	Influenza
Human Papillomavirus	Pneumococcal
Varicella	Hepatitis A
Zoster	Hepatitis B
Measles, Mumps, Rubella	Meningococcal

To see or download a PDF of the complete **Recommended Adult Immunization Schedule**, as well as vaccines that might be indicated for adults based on medical and other indications, please visit this Web page: [www.cdc.gov/vaccines/recs/schedules/downloads/adult/2010/adult-schedule.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/adult/2010/adult-schedule.pdf).

## Comprehensive Guidelines Supported by the Health Resources and Services Administration (HRSA)

### WELL BABY/WELL CHILD

#### HISTORY

#### MEASUREMENTS

- Length/height/weight
- Head circumference
- Weight for length
- Body mass index (BMI)
- Blood pressure

#### SENSORY SCREENING

- Vision
- Hearing

#### DEVELOPMENTAL/BEHAVIORAL ASSESSMENT

- Developmental screening
- Autism screening
- Developmental surveillance
- Psychosocial/behavioral assessment
- Alcohol and drug use assessment

#### PHYSICAL EXAM

#### PROCEDURES

- Newborn metabolic/hemoglobin screening
- Immunizations
- Hematocrit or hemoglobin
- Lead screening
- Tuberculin test
- Dyslipidemia screening
- STI screening
- Cervical dysplasia screening

#### ORAL HEALTH

#### ANTICIPATORY GUIDANCE

To see or download the complete **Recommendations for Preventive Pediatric Health Care** chart with notes, please visit this Web page: [brightfutures.aap.org/pdfs/AAP%20Bright%20Futures%20Periodicity%20Sched%20101107.pdf](http://brightfutures.aap.org/pdfs/AAP%20Bright%20Futures%20Periodicity%20Sched%20101107.pdf).

### Recommendations of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children

Recommended Preventive Services also include the **Recommendations of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children**. To see or download these charts, please visit this Web page: [www.hrsa.gov/heritabledisorderscommittee/SACHDNC.pdf](http://www.hrsa.gov/heritabledisorderscommittee/SACHDNC.pdf).



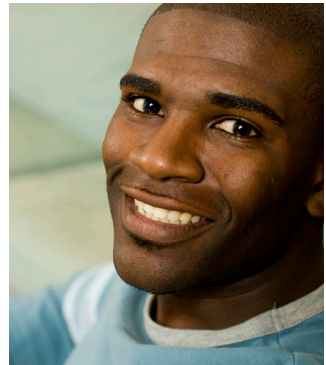
**KEEP IN MIND:** Recommended Preventive Services may often be furnished as part of office visits in which the member receives other health care services. Here's how the rules work relating to cost-sharing requirements for these other services:

- If a provider bills a Recommended Preventive Service separately from an office visit, the health plan may require cost-sharing for the office visit (but not the Recommended Preventive Service).
- If a provider does not bill a Recommended Preventive Service separately from an office visit and the primary purpose of the office visit is for the patient to get the Recommended Preventive Service, the health plan may not require cost-sharing for the office visit or the Recommended Preventive Service.
- If a provider does not bill a Recommended Preventive Service separately from an office visit, and the primary purpose of the office visit is for something other than the Recommended Preventive Service, the health plan may require cost-sharing for the office visit.

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## Beyond the Law

Prior to health care reform taking effect, BlueCross already offered an enhanced preventive care package to its large and small groups. On October 1, we began covering the preventive benefits outlined by the health care reform act for all non-grandfathered groups. In addition to these mandated benefits, we also cover annual wellness visits.



Since its inception in 1984, BlueChoice HealthPlan has covered and encouraged the use of preventive care from its wide network of participating physicians. Well visits and immunizations have always been covered and will continue to be covered. Routine screening mammograms and routine screening colonoscopies have been covered in the past and will continue to be covered. Preventive services are covered at 100 percent.

## IMPORTANT NOTICE

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