



An easy and important way for you and your family to stay healthier is to get disease prevention and early detection services. These health care services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you or your family member may need.

Many health plans must cover the preventive services in this brochure. You don't have to pay a copayment or coinsurance, or meet your deductible, as long as you get these services from a provider in your plan's network.

www.HealthCare.gov



Care to Keep You & Your Family Healthier

Your health insurance may now cover more than ever.



For more information about the **Affordable Care Act** and these services, visit www.HealthCare.gov.

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Men & Women



- **Abdominal aortic aneurysm one-time screening** for men of specified ages who have ever smoked
- **Alcohol misuse screening and counseling**
- **Aspirin use** to prevent cardiovascular disease for men and women of certain ages
- **Blood pressure screening** for all adults
- **Cholesterol screening** for adults of certain ages or at higher risk
- **Colorectal cancer screening** for adults over 50

Especially for Women



- **Anemia screening** on a routine basis for pregnant women
- **Breast cancer genetic test counseling (BRCA)** for women at higher risk for breast cancer
- **Breast cancer mammography screenings** for women over 40
- **Breast cancer chemoprevention counseling** for women at higher risk
- **Breastfeeding support and counseling** from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women*
- **Cervical cancer screening** for sexually active women
- **Chlamydia infection screening** for younger women and other women at higher risk
- **Contraception:** As prescribed by a health care provider, Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling*
- **Domestic and interpersonal violence screening and counseling** for all women*

- **Depression screening** for adults
- **Diabetes (Type 2) screening** for adults with high blood pressure
- **Diet counseling** for adults at higher risk for chronic disease
- **HIV screening** for all adults at higher risk
- **Immunization** vaccines for adults
- **Obesity screening and counseling** for all adults
- **Sexually transmitted infection (STI) prevention counseling** for adults at higher risk
- **Syphilis screening** for all adults at higher risk
- **Tobacco use screening** for all adults and help to stop smoking for tobacco users

- **Folic acid supplements** for women who may become pregnant
- **Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes*
- **Gonorrhea screening** for all women at higher risk
- **Hepatitis B screening** for pregnant women at their first prenatal visit
- **HIV screening and counseling** for sexually active women*
- **Human Papillomavirus (HPV) DNA Test:** every 3 years for women with normal cytology results who are 30 or older*
- **Osteoporosis screening** for women over 60 depending on risk factors
- **Rh incompatibility screening** for all pregnant women and follow-up testing for women at higher risk
- **Sexually transmitted infections counseling** for sexually active women*
- **Syphilis screening** for all pregnant women or other women at increased risk
- **Tobacco use screening and interventions** for all women, and expanded counseling for pregnant tobacco users
- **Urinary tract or other infection screening** for pregnant women
- **Well-woman visits** to get recommended services for women under 65*

Children



- **Autism screening** for children at 18 and 24 months
- **Behavioral assessments** for children of all ages
- **Blood pressure screening** for children
- **Cervical dysplasia screening** for sexually active females
- **Depression screening** for adolescents
- **Developmental screening** for children under 3
- **Drug & alcohol use assessments** for adolescents
- **Dyslipidemia screening** for children at higher risk of lipid disorders
- **Fluoride chemoprevention supplements** for children without fluoride in their water source
- **Gonorrhea preventive medication** for the eyes of all newborns
- **Hearing screening** for all newborns
- **Height, weight and body mass index measurements** for children
- **Hematocrit or hemoglobin screening** for children
- **Hemoglobinopathies or sickle cell screening** for newborns
- **HIV screening** for adolescents at higher risk
- **Hypothyroidism screening** for newborns
- **Immunization** vaccines for children from birth to 18
- **Iron supplements** for children 6 to 12 months at risk for anemia
- **Lead screening** for children at risk of exposure
- **Medical history** for all children throughout development
- **Obesity screening and counseling**
- **Oral health risk assessment** for young children
- **Phenylketonuria (PKU) screening** in newborns
- **Sexually transmitted infection (STI) prevention counseling and screening** for adolescents at higher risk
- **Tuberculin testing** for children at higher risk of tuberculosis
- **Vision screening** for all children

* Generally, these services will be covered at no cost in plan years starting on or after August 1, 2012.