



\$0 Preventive Care Services

Staying up to date with medical care is key to maintain and improve your health and well-being. Not only do preventive services help you stay healthy, they also make sure that if you do get sick, you can start recovering as soon as possible. In fact, for many health conditions, early detection can lead to better outcomes and quicker recovery.

As part of our commitment to help you stay healthy, we want you to know all of the \$0 care services offered to keep you healthy. Even those enrolled in a deductible plan can enjoy FREE preventive services from the start!

Top 10 List of FREE Preventive Services

- Annual Routine Adult Doctor Visit Checkup*
- Screening for Risk of Heart Disease
- Colon Cancer Screening
- Diabetes Screening
- High Blood Pressure Screening
- Breast Cancer Screening
- Annual Women's Well Visit
- Pap Smear and Cancer Screening
- Flu, Pneumonia, and other Preventive Shots/ Vaccinations
- Annual Doctor Visit for Children*

Additional FREE Preventive Services

- Abusive Relationship – Domestic Violence Screening
- Abdominal Ultrasound Screening for Abnormal Aorta Changes
- Aspirin Use for Prevention of Heart Disease**
- Aspirin Use for Prevention of Preeclampsia**
- Birth Control Methods and Advice
- Breast Cancer Preventive Medications
- Breast, Ovarian, Tubal, or Peritoneal Cancer Risk Test and Genetic Counseling/Testing***
- Breast Feeding Supplies
- Breast Feeding Support and Advice
- Bone Density (Osteoporosis) Screening
- Counseling and Treatment to Stop Smoking
- Depression Screening – Children, Adults, and Pregnant Women
- Diabetes Testing During Pregnancy
- Falls Risk Prevention in Older Adults
- Folic Acid for Women During Pregnancy
- Fluoride Treatment in Preschool Children
- General Health Blood Work
- Healthy Diet and Physical Activity Advice
- Healthy Weight Counseling During Pregnancy
- Hepatitis B Virus Infection Screening
- Hepatitis C Screening

- HIV Counseling
- HIV Screening
- HPV Screening
- Lung Cancer Screening
- Obesity Screening – Adults and Children
- Oral Birth Control
- Preeclampsia Screening
- Prevention of Tobacco Use in Children and Adolescents
- Pre-Pregnancy Visit* and One (1) Post-Delivery Visit*
- Rh(D) Incompatibility Screening in Pregnant Women
- Sexually Transmitted Disease Testing
- Sexually Transmitted Infections Counseling
- Skin Cancer Behavior Change
- Syphilis Screening
- TB (Tuberculosis) Infection Screening
- Thyroid Screening for Newborns
- Treatment to Prevent Pinkeye in Newborns
- Unhealthy Alcohol Use Screening and Treatment
- Unhealthy Drug Use Screening and Treatment
- Urine Test to Check for Infection in Pregnant Women
- Vision Loss Screening (for Children Younger than 5 Years Old)

Additional Preventive Services Information

These services are covered in full one time per plan year when given by an in-network/participating provider. Some preventive services need to meet specific criteria.

Please keep in mind, a routine checkup/well visit or preventive service can turn into a “sick visit.” When other services are provided, a “sick visit” can result in added charges where you will be responsible for paying an office visit copay. If you are enrolled in a deductible plan, you will be responsible for all charges until your deductible level is met. Those services are subject to any applicable liability as described in your contract.

* Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as an Evaluations and Management (E&M) code.

** Please discuss with your doctor before starting any new medications.

*** Please note: BRCA mutation screening requires prior authorization to review for medical necessity based on product. Reference the following policy for additional information: Breast Cancer Susceptibility 1 and 2 (BRCA 1 and BRCA 2) Sequence Testing for Susceptibility to Hereditary Breast Cancer and BRCA Analysis® Rearrangement Test (BART).

Preventive Care Services are: Items or services with an “A” or “B” rating from the United States Preventive Services Task Force; immunizations pursuant to the Advisory Committee on Immunization Practices (“ACIP”) recommendations; and preventive care and screenings that are provided for in the comprehensive guidelines supported by the Health Resources and Services Administration (“HRSA”). For additional information, [click here](#).

Questions?

If you have questions or would like additional information, please call Nova’s Customer Service Department using the number on your ID card.