

Preventive Care *Services*



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Health Net



Health Net®

Preventive Care Guidelines



At Health Net, we believe that staying healthy is just as important as getting well. Our preventive health guidelines help you and your doctors determine individual needs for preventive care services based on the best available medical evidence.



You can find all the details on the government's website at www.healthcare.gov.

What's covered

The services listed in this flyer are a summary of the preventive services you're eligible for as a Health Net member. Most screenings, immunizations and well-child care come with specific guidelines (e.g., frequency). You can find all the details on the government's website at www.healthcare.gov. Click the menu tab that says *Prevention & Wellness*. Then choose "Learn more about preventive services under the health care law" for preventive services recommended for coverage under the Affordable Care Act (ACA).

Screenings and other preventive care

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| <ul style="list-style-type: none">• Abdominal aortic aneurysm screening: men• Alcohol misuse counseling• Anemia screening: pregnant women• Physician counseling regarding the use of aspirin to prevent cardiovascular disease: men and women• Bacteriuria screening: pregnant women• Blood pressure screening• BRCA, counseling about• Physician counseling regarding breast cancer preventive medication• Breast cancer screening• Breastfeeding supplies and counseling¹• Cervical cancer screening• Chlamydial infection screening: pregnant women, nonpregnant women¹• Cholesterol abnormalities screening: men (ages 20 and older)• Cholesterol abnormalities screening: women (ages 20 and older)• Colorectal cancer screening• Dental caries chemoprevention: preschool children• Depression screening: adolescents and adults• Diabetes screening | <ul style="list-style-type: none">• Domestic violence screening and counseling for women¹• Contraceptive counseling for women¹• Physician counseling regarding folic acid supplementation• Gonorrhea prophylactic medication: newborns• Gonorrhea screening: women• Healthy diet counseling• Hearing loss screening: newborns• Hemoglobinopathies screening: newborns• Hepatitis B screening: pregnant women• HIV screening¹• Hypothyroidism screening: newborns• Physician counseling regarding iron supplementation in children• Obesity screening and counseling: children, adults• Phenylketonuria (PKU) screening: newborns• Rh incompatibility screening: first pregnancy visit, 24–28 weeks gestation• Sexually transmitted infections counseling¹• Tobacco use counseling: pregnant women, nonpregnant adults• Syphilis screening: pregnant women¹, nonpregnant persons• Visual acuity screening in children |
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Preventive pharmacy medications

Coverage for preventive pharmacy medications is limited to prescription drugs or over-the-counter medications that are determined to be preventive, as recommended by the United States Preventive Services Task Force (USPSTF) A and B recommendations and the Health Resources and Services Administration (HRSA) guidelines. **Note:** We require a prescription for these items to be administered under pharmacy benefits.

- Aspirin to prevent cardiovascular disease
- Folic acid for women planning and/or capable of pregnancy
- Iron supplementation for children at increased risk for iron-deficiency anemia
- Oral fluoride supplementation for preschool children where water source does not contain fluoride
- FDA-approved contraception methods for women.¹ **Note:** We may impose cost sharing on brand-name drugs when a generic version is available. Health Net will not impose cost sharing on a brand-name drug when a generic version is not available.



For details about your Health Net benefit coverage, please contact the Customer Contact Center listed on the back of your ID card.

Immunizations

Coverage for adult immunizations may depend on the type of plan you have. For example, PPO plans that are not subject to the ACA preventive care regulations do not generally cover adult immunizations. Your Evidence of Coverage or Certificate of Insurance will specify what's covered under your plan.

Additional immunizations may be covered based on recommendations of the Advisory Committee on Immunization Practices (ACIP) that have been adopted by the Director of the Centers for Disease Control and Prevention (CDC).

<i>Adult immunizations</i>	<i>Well-child care immunizations</i>
<ul style="list-style-type: none">• Hepatitis A (HepA)• Hepatitis B (HepB)• Human papillomavirus (HPV)• Herpes zoster• Influenza• Measles, mumps, rubella (MMR)• Meningococcal• Pneumococcal (polysaccharide) (PCV)• Tetanus, diphtheria, pertussis (Td/Tdap)• Varicella	<ul style="list-style-type: none">• Diphtheria, tetanus, pertussis (DTaP)• Haemophilus influenzae type b• Hepatitis A (HepA)• Hepatitis B (HepB)• Human papillomavirus (HPV)• Inactivated poliovirus (IPV)• Influenza• Measles, mumps, rubella (MMR)• Meningococcal• Pneumococcal (PCV)• Rotavirus (Rota)• Varicella

Well-child care

Health Net follows the comprehensive guidelines supported by the Health Resources and Services Administration (HRSA) for Infants, Children and Adolescents, including:

- The Periodicity Schedule of the Bright Futures Recommendations for Pediatric Health Care.
- The Uniform Panel of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children (SACHDNC).

To learn more about well-child care, copy or enter this address into your web browser:
<http://www.healthcare.gov/law/provisions/preventive/moreinfo.html>

What you pay

Members pay \$0 in-network cost-share and deductible for preventive services if they are enrolled in a health plan that is subject to the ACA, which requires preventive services be covered at no cost to members.

Some individual and group health plans are not subject to the ACA preventive care regulations, which means that members may pay part of the cost (usually as a copayment) for preventive care services.

In either case, preventive services may not be covered if received out-of-network.

Thank you for choosing Health Net – where our goal is to help you make the most of your health.

¹Beginning August 1, 2012, new and renewing nongrandfathered plans provide coverage for women's preventive care at zero cost-share when services are delivered by an in-network provider.