

Preventive care services



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UMR is dedicated to helping people live healthier lives. We encourage you to obtain preventive care services and health screenings, as appropriate for your age, to help maintain or improve your health and achieve your health and wellness goals.

Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment.

Most health plans typically cover preventive services, as specified in the health care reform law¹, at 100 percent without charging a co-payment, co-insurance or deductible, as long as they are received in your health plan's network. Most also cover other routine services, which may require a co-payment, co-insurance or deductible.

Always refer to your plan documents for your specific coverage.

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TALK TO YOUR DOCTOR

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

¹ Preventive services that are covered with no cost share are those services described in the United States Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the CDC, and HRSA Guidelines for women, as well as children, including the American Academy of Pediatrics Bright Futures periodicity guidelines. Your plan may cover additional items as preventive. Refer to your plan documents for your specific coverage.



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Summary of preventive care services benefit



ALL MEMBERS

Preventive medicine for adults², all standard immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC)



ALL MEMBERS AT AN APPROPRIATE AGE AND/OR RISK STATUS

- Screening for:
- Obesity
- Cholesterol level and lipids
- Colorectal cancer² for ages 45-plus
- Certain sexually transmitted diseases, including HIV
- Behavioral counseling to prevent skin cancer for young adults up to age 24.
- Lung cancer with low-dose computer tomography
- Latent tuberculosis infection
- Cardiovascular disease aspirin use counseling for ages 45-plus
- High blood pressure (Clinical and ambulatory measurement)
- Pre-diabetes and diabetes for certain populations
- Tobacco use
- Diet and nutrition
- Alcohol abuse
- Hepatitis C screening
- Depression
- Well exam



MEN'S HEALTH SERVICES

Screening for:

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



Please talk with your doctor and make the health care decisions that may be right for you in managing your own health today.



² Certain preventive care services are not currently required to be covered by the health reform law; however, various additional services may be covered under your preventive care services benefit.



WOMEN'S HEALTH SERVICES

- Screening mammography (film and digital) for all adult women²
- Cervical cancer screening, including Pap smears
- Breast cancer genetic test evaluation and counseling (BRCA)
- Counseling for cancer prevention strategies for women at high risk for breast cancer
- Screening for certain sexually transmitted diseases, including HIV, chlamydia and gonorrhea
- Osteoporosis for certain populations²
- Yearly well-women visits
- Pregnant women screenings for:
 - Bacteria in urine
 - Hepatitis B virus
 - Rh incompatibility
- Sexually transmitted infections counseling
- Contraception methods and counseling
- Domestic violence screening
- Gestational diabetes screening
- HIV screening and counseling
- Human papillomavirus testing (beginning at age 30)
- Breast-feeding support and supplies, including renting or purchase of specified breast-feeding equipment from an approved vendor and counseling
- Counseling intervention for pregnant and postpartum persons who are at increased risk of perinatal depression
- Screening for urinary incontinence
- Screening for anxiety
- Behavioral counseling interventions for healthy weight and weight gain during pregnancy



CHILDREN'S HEALTH SERVICES

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

- Measurement of your child's head size
- Measurement of length/height and weight
- Screening blood tests, if appropriate
- Metabolic screening panel for newborns – age 0-90 days old
- Providing age appropriate immunizations
- Vision screening
- Hearing screening
- Counseling on oral health
- Psychological and behavioral development assessment
- Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- Counseling for children and their parents on nutrition and exercise
- Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more
- Fluoride application in primary care
- Behavioral counseling to prevent skin cancer at each wellness examination



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