

# Important Health Care Reform Notices

You can get checkups, screenings, vaccines and more with no out-of-pocket costs.

## Preventive care covered 100 percent

Good news! Your plan covers the preventive services listed here 100 percent as part of preventive care. This includes routine screenings and checkups. It also includes counseling you get to prevent illness, disease or other health problems.

You won't have to pay anything for these services when:

- You get them from a doctor or other health care provider in our network
- The main purpose of your visit is to get preventive care

That means no copayment and no coinsurance. You don't have to meet your deductible first.

Many of these services are covered as part of routine physical exams. These include regular checkups, routine gynecological visits and well-child exams. You won't have to pay out of pocket for these preventive visits, unless you get services not on this list at the same time.

But, these services are *not* preventive if you get them as part of a visit to diagnose, monitor or treat an illness or injury. Then copays, coinsurance and deductibles apply.

Let your network doctor know that Aetna covers these preventive services 100 percent when they are billed as part of your preventive care. Aetna follows the recommendations of national medical societies about how often children, men and women need these services. Be sure to talk with your doctor about which services are right for your age, gender and health status. Your Aetna plan complies with the new federal health care reform law.

### Covered preventive services for adults

#### Screenings for:

- Abdominal aortic aneurysm (one-time screening for men of specified ages who have ever smoked)
- Alcohol misuse
- Blood pressure
- Cholesterol (for adults of certain ages or at higher risk)
- Colorectal cancer (for adults over 50)
- Depression
- Type 2 diabetes (for adults with high blood pressure)
- HIV (for all adults at higher risk)
- Obesity
- Tobacco use
- Syphilis (for all adults at higher risk)

#### Counseling for:

- Alcohol misuse
- Aspirin use for men and women of certain ages and cardiovascular risk factors
- Diet (for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease)
- Obesity
- Sexually transmitted infection (STI) prevention (for adults at higher risk)
- Tobacco use (including programs to help you stop using tobacco)

#### Immunizations:

Doses, recommended ages, and recommended populations vary.

- Diphtheria, pertussis, tetanus (DPT)
- Hepatitis A
- Hepatitis B
- Herpes zoster
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chicken pox)

### Additional covered preventive services for women

#### Screenings for:

- Breast cancer (mammography every 1 to 2 years for women over 40)
- Cervical cancer (for sexually active women)
- Chlamydia infection (for younger women and other women at higher risk)
- Gonorrhea (for all women at higher risk)
- Osteoporosis (for women over age 60 depending on risk factors)

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## Additional covered preventive services for women (cont.)

### Counseling for:

- BRCA (counseling about genetic testing for women at higher risk)
- Breast cancer chemoprevention (for women at higher risk)
- Folic acid supplements (for women of child-bearing ages)

### Additional services for pregnant women:

- Anemia screenings
- Bacteriuria urinary tract or other infection screenings
- Rh incompatibility screening, with follow-up testing for women at higher risk
- Hepatitis B counseling (at the first prenatal visit)
- Expanded counseling on tobacco use
- Breast feeding interventions to support and promote breast feeding after delivery

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## Covered preventive services for children

### Screenings and assessments for:

- Alcohol and drug use (for adolescents)
- Autism (for children at 18 and 24 months)
- Behavioral issues
- Cervical dysplasia (for sexually active females)
- Congenital hypothyroidism (for newborns)
- Developmental (screening for children under age 3, and surveillance throughout childhood)
- Hearing (for all newborns)
- Height, weight and body mass index measurements
- Lipid disorders (dyslipidemia screening for children at higher risk)
- Hematocrit or hemoglobin
- Hemoglobinopathies or sickle cell (for newborns)
- HIV (for adolescents at higher risk)
- Lead (for children at risk of exposure)
- Medical history
- Obesity
- Oral health (risk assessment (for young children)

- Phenylketonuria (PKU) (newborns)
- Tuberculin testing (for children at higher risk of tuberculosis)
- Vision

### Medications and supplements:

- Gonorrhea preventive medication for the eyes of all newborns
- Iron supplements (for children ages 6 to 12 months at risk for anemia)

### Counseling for:

- Fluoride (prescription chemoprevention supplements for children without fluoride in their water source)
- Obesity
- Sexually transmitted infection (STI) prevention (for adolescents at higher risk)

### Immunizations:

From birth to age 18 — doses, recommended ages, and recommended populations vary.

- Diphtheria, pertussis, tetanus (DPT)
- Haemophilus influenzae type b
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Inactivated poliovirus
- Influenza (flu)
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus
- Varicella (chicken pox)