

# 2015 Preventative Care

Well Child Exam	Birth to age 18	Birth, 1 mth, 2 mths, 4 mths, 6 mths, 9 mths, 12 mths, 18 mths 1 per year age 2 to 18.
Routine Exam	Physical Exam	Every 2 years age 19-49 Every year age 50+
Screenings	Blood Pressure, Cholesterol, Diabetes, Anemia, Osteoporosis, STD, HIV, HPV, Hepatitis, Prostate, Cancer-Cervical, Colon, Metabolic, Obesity, Behavioral, Depression, Autism	Colon - Age 50+ (every 10 years) HPV - Age 30+ (every 3 years)
Immunizations	<u>Child Immunizations:</u> Normal series of immunizations <u>Adult Immunizations:</u> Hepatitis, HPV, Shingles (60+), Flu, Measles, Mumps, Rubella, Meningitis	Birth to age 18 HPV - Age 9 to 26
PAP	Annual PAP	1 per year
Mammogram	Annual Mammogram	1 per year age 40+
Birth Control	Female: FDA Approved Methods - Oral & Devices Male: No coverage for male contraception	Generic Only
Preventive Measures	Adult Aspirin (prescription required) Tobacco-Cessation (prescription required)	Men age 45+, Women age 55+

Items are covered In-Network only and are not subject to deductibles and co-pays.