Preventive medicine is key to your overall health and well-being. Early detection can help you stay healthy. It can also stop small problems from becoming bigger ones.

HealthyCT plans cover those common preventive services given an A or B rating by the United States Preventive Services Task Force (USPSTF). (The USPSTF is an independent panel of primary care physicians who are experts in prevention and evidence-based medicine.)

Because preventive medicine is so important, these services are available at no cost to HealthyCT members when they receive them from a physician or healthcare professional who is in our network.

You'll find some examples of covered preventive services on the back of this page. For a complete list, along with coverage guidelines and limits, visit www.healthyct.org/medical-policy.
PREVENTIVE SERVICES FOR ADULTS
Preventive medicine goes beyond a routine physical exam. HealthyCT plans cover many preventive services, including:
• Alcohol misuse screening and counseling
• Aspirin to prevent cardiovascular disease in men and women of certain ages
• Blood pressure screening
• Colorectal cancer screening (adults over 50)
• Depression screening
• Flu shots and other immunizations
• Obesity screenings and counseling
• Preventive physical exam
• Tobacco use screenings and cessation products
• Type 2 diabetes screening for adults with high blood pressure

PREVENTIVE SERVICES FOR WOMEN
Additional screenings and counseling are available for women, including:
• Breast cancer screening/mammogram
• Breast cancer chemoprevention counseling for women at higher risk
• Cervical cancer screening
• Domestic and interpersonal violence screening and counseling
• Folic acid supplements for women who may become pregnant
• Osteoporosis screening for women over age 60 depending on risk factors
• Preventive physical exam
• Tobacco use screening and interventions for all women, and expanded counseling for pregnant tobacco users

PREVENTIVE SERVICES FOR PREGNANT WOMEN
Prevention is especially important to the health of an expectant mother and her baby. Recommended preventive services for pregnant women include:
• Anemia screening
• Bacteriuria urinary tract and other infection screening
• Breastfeeding support and counseling
• Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
• Hepatitis B screening
• Rh incompatibility screening

PREVENTIVE SERVICES FOR CHILDREN
These covered preventive services help promote children’s growth and development:
• Behavioral assessments at certain ages
• Blood pressure screenings at certain ages
• Fluoride chemoprevention supplements for children without fluoride in their water source
• Immunizations
• Iron supplements for children of certain ages
• Lead screenings
• Obesity screenings and counseling
• Oral health risk assessments
• Preventive physical exams
• Vision screenings

This piece is for informational purposes and not intended to be medical advice. Please direct any medical questions or concerns to an appropriate healthcare provider.

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