Preventive Services Guide

Humana makes it easier than ever to get the preventive services you need to maintain your overall health. As part of healthcare reform and depending on your Humana health plan, a range of preventive services will be available to you at no cost.

The services listed here will be covered **100 percent** when they’re done for preventive care. This means no copayments, coinsurance or deductibles when services are performed by providers in the Humana network. **Note:** You may need to pay all or part of the costs when services are completed to diagnose, monitor, or treat an illness or injury, not as preventive care.

Remember, preventive care keeps you healthy, prevents illness, and detects diseases in the early stages when they’re easier to treat.

**Adult Preventive Services**
Preventive office visits are covered, as well as the screenings, immunizations, and counseling listed below.

### Screenings
- **Abdominal Aortic Aneurysm** – one time screening for men of specified ages who have ever smoked
- **Alcohol Misuse** – screening and counseling
- **Blood Pressure** – screening for all adults
- **Cholesterol** – screening for adults of certain ages or at higher risk
- **Colorectal Cancer** – screening for adults over 50
- **Depression** – screening for adults
- **Type 2 Diabetes** – screening for adults with high blood pressure
- **HIV** – screening for all adults at higher risk
- **Obesity** – screening and counseling for all adults
- **Syphilis** – screening for all adults at higher risk
- **Tobacco Use** – screening for all adults and cessation interventions for tobacco users

### Immunizations (vaccines for adults – doses, recommended ages, and recommended populations vary)
- **Hepatitis A**
- **Hepatitis B**
- **Herpes Zoster**
- **Human Papillomavirus (HPV)**
- **Influenza**
- **Measles, Mumps, Rubella**
- **Meningococcal**
- **Pneumococcal**
- **Tetanus, Diphtheria, Pertussis**
- **Varicella**

### Counseling
- **Diet** – counseling for adults at higher risk for chronic disease
- **Sexually Transmitted Infection (STI)** – prevention counseling for adults at higher risk

Refer to your certificate of coverage for details about all the covered services and benefits levels.

This document is designed to provide a general overview of the federal health reform law (Affordable Care Act). It does NOT attempt to cover all of the law’s provisions and should NOT be used as legal advice for implementation activities. We encourage you to seek any professional advice, including legal counsel, regarding how the new requirements will affect your specific plan. For complete details, refer to your plan’s Certificate of Coverage.
### Women Preventive Services (includes pregnant women)

Preventive office visits are covered, as well as the screenings, and counseling listed below.

#### Screenings

- **Anemia** – screening on a routine basis for pregnant women
- **Bacteriuria** – urinary tract or other infection screening for pregnant women
- **Breast Cancer Mammography** – screenings every 1 to 2 years for women over 40
- **Cervical Cancer** – screening for women with a cervix, regardless of sexual history and at specified ages and intervals.
- **Chlamydia Infection** – screening for younger women and other women at higher risk
- **Gestational Diabetes** – screening for women 24-28 weeks pregnant and those at high risk of developing gestational diabetes
- **Gonorrhea** – screening for all women at higher risk
- **Hepatitis B** – screening for pregnant women at their first prenatal visit
- **HPV-DNA Test** – high risk testing every 3 years for women with normal cytology results who are age 30 or older
- **Osteoporosis** – screening for women age 65 and over and women at higher risk
- **Rh Incompatibility** – screening for all pregnant women and follow-up testing for women at higher risk
- **Syphilis** – screening for all pregnant women or other women at higher risk
- **Tobacco Use** – screening and interventions for all women, and expanded counseling for pregnant tobacco users
- **Folic Acid** – screening for appropriate use of folic acid supplements for women who may become pregnant

#### Counseling

- **BRCA** – genetic counseling for women at higher risk
- **Breast Cancer Chemoprevention** – counseling for women at higher risk for breast cancer
- **Domestic and Interpersonal Violence** – screening and counseling for all women

#### Other Services

- **Breast Feeding** – equipment and counseling to promote breastfeeding in the post-partum period
- **Contraceptive Methods and Counseling**

### Child Preventive Services

Preventive office visits are covered, as well as the screenings, immunizations, counseling, and supplements listed below.

#### Screenings

- **Alcohol and Drug Use** – assessments for adolescents
- **Autism** – screening for children at 18 and 24 months
- **Behavioral** – assessments for children of all ages
- **Congenital Hypothyroidism** – screening for newborns
- **Depression** – screening for adolescents
- **Developmental** – screening for children under age 3, and surveillance throughout childhood
- **Dyslipidemia** – screening for children at higher risk of lipid disorders
- **Gonorrhea** – preventive medication for the eyes of all newborns
- **Hearing** – screening for all newborns
- **Height, Weight and Body Mass Index** – measurements for children
- **Hematocrit or Hemoglobin** – screening for children
- **Hemoglobinopathies** – sickle cell screening for newborns
- **HIV** – screening for adolescents at higher risk
- **Lead** – screening for children at risk of exposure
- **Medical History** – for all children throughout development
- **Obesity** – screening and counseling for children age 6 or older
- **Oral Health** – risk assessment for young children
- **Phenylketonuria (PKU)** – screening for this genetic disorder in newborns
- **Sexually transmitted infection** – screening for adolescents at higher risk
- **Tuberculin** – testing for children at higher risk of tuberculosis
- **Vision** – screening for all children

1. For more information on the definition of “higher risk” and age recommendations, please go to the US Preventive Guidelines at: [http://www.uspreventiveservicestaskforce.org/uspstf/uspsabrecs.htm](http://www.uspreventiveservicestaskforce.org/uspstf/uspsabrecs.htm)

### Immunizations

(Vaccines for children from birth to age 18 - doses, ages, and populations vary):

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenzae type b
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus
- Influenza
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella

### Counseling

- **Sexually Transmitted Infection (STI)** – prevention counseling for adolescents at higher risk

### Supplements

- **Fluoride Chemoprevention** – supplements for children without fluoride in their water sources
- **Iron** – supplements for children ages 6 to 12 months at risk for anemia