



The following preventive services and immunizations **do not** apply to all health plans administered or insured by Blue Cross and Blue Shield of Alabama. Some or all of the contraceptive Methods or prescription drugs listed may not be covered under the plan because of the employer’s religious beliefs. To find out if contraceptive methods and prescription drugs are excluded, please contact Customer Service for additional information.

If the preventive services section of your plan's benefit booklet refers you to **AlabamaBlue.com**, the preventive services and immunizations listed below will be covered by your plan. However, your group may decide to delay the effective date for coverage until your group's plan year for any new preventive services and immunizations recently added to this list. If your plan covers these services, please be aware that in some cases, routine preventive services and routine immunizations may be billed separately from your office or other facility visit. In that case, the applicable office visit or outpatient facility copayments described in the physician benefits and outpatient hospital benefits sections of your benefit booklet may apply. In any case, applicable office visit or facility copayments may still apply when the primary purpose for your visit is not routine preventive services and/or routine immunizations. **When seeing a provider outside the state of Alabama, please ask the provider to contact Blue Cross and Blue Shield of Alabama to verify the procedure and diagnosis codes that are covered under these preventive services.** If you have any questions about your plan’s benefits, you may also call our Customer Service Department at the number on the back of your ID card.

Contact your group benefit administrator for information regarding the effective date of new preventive services and immunization recently added to the list below.

Healthcare Reform Preventive Services	Frequency
Preventive Services for Adults	
Abdominal Aortic Aneurysm Screening	Age 65-75 one screening per lifetime (men only with any history of smoking)
Alcohol Misuse Screening and Behavioral Counseling Interventions	One per calendar year
Aspirin Use Counseling for CVD Prevention	Men age 45-79, Women age 55-79 every 5 years Effective July 1, 2016 Men age 50-59, Women age 13-59 every 5 years
Behavior Counseling to Prevent Skin Cancer	Ages 10-24. Counseling for children, adolescents and young adults with fair skin
Blood Pressure Screening	Age 18 and older (Usually included in the office visit) Effective November 1, 2016 Age 18 and older, one per calendar year (Included as part of an office visit)
Ambulatory Blood Pressure Monitoring	Effective November 1, 2016 Once per lifetime to confirm the diagnosis of hypertension
Cholesterol Screening	Men: age 35 and older (20-35 at risk for CAD) Women: age 45 and older (20-45 at risk for CAD) every 5 years
Colorectal Cancer Screening	Beginning at age 50 and continuing to age 75 Fecal occult blood testing - One per calendar year Sigmoidoscopy - every 3 years Colonoscopy - every 10 years Barium Enema - every 5 years Effective July 01, 2016 Bowel Prep - Age 50-75

Healthcare Reform Preventive Services	Frequency
Depression Screening	Age 12 and older, one per calendar year Effective January 1, 2015
Diabetes Screening (Type 2 for adults with high blood pressure)	Age 11 and older, one per calendar year
Diet Counseling (Adults with high risk for chronic diseases)	Age 19 and older every 3 years
Fall Prevention Screening	Age 19 and older, 3 services each calendar year
Hepatitis B Screening	Age 65 and older. Exercise, physical therapy and vitamin D supplementation Effective June 1, 2015
Hepatitis C Screening	Age 11 and older, one per calendar year Once per lifetime screening for males and females born 1945 through 1965 OR for anyone born to an HCV-infected mother Once per year for males and females at high risk for infection
HIV Screening (At Risk and All Pregnant Women)	Age 11 and older
Immunizations	See below for a complete list of covered immunizations
Lung Cancer Screening	Effective January 1, 2015 Age 55-80, one per calendar year
Obesity Screening and Counseling	Age 19 and older, one per calendar year
Over-the Counter Pharmaceuticals	Effective August 1, 2013
Aspirin	Men age 45-79, Women age 55-79 Effective July 1, 2016 Men age 50-59, Women age 13-59
Pharmacy Contraceptive Methods	Age 10 and older, generic only
Vitamin D Supplements	Age 65 and older
Folic Acid	Age 10 and older, women only
Prostate Screening (PSA)	Men age 40 and older, one per calendar year
Psychosocial/Behavioral Assessment	Effective January 1, 2015 Age Newborn - 21 years, 31 services during age range
Routine Office Visit	One per calendar year
Sexually Transmitted Infection (STI) Prevention Counseling	Age 11 and older, 3 services in a lifetime
Tobacco Use Screening and Cessation	Age 19 and older, limited to two per calendar year Effective January 1, 2011 - May 15, 2014 Age 19 and older, 4 per calendar year Effective May 16, 2014 - August 31, 2014 Men age 19 and older, 8 per calendar year Effective September 1, 2014 Men age 6 and older, 8 per calendar year
Tobacco Use and Tobacco-Caused Disease, Medication	Effective October 1, 2014 Age 6 and older, two 90 day supplies per calendar year
Preventive Services for Women (Including Pregnant Women)	
Anemia Screening (Routine basis for pregnant women)	One per calendar year
Bacteriuria (pregnant women)	
BRCA Counseling about genetic testing for women at higher risk	Once in a lifetime

Healthcare Reform Preventive Services	Frequency
Breast Cancer Chemoprevention Counseling	Once in a lifetime
Breast Cancer Mammography Screenings	Age 35-39, one baseline, 40 and older, one per calendar year
Breast Cancer Prevention Medication	Effective October 1, 2014 Age 35 and older, pharmacy only
Breast Feeding Interventions	Twice per calendar year
Cervical Cancer Screening (Pap Smear)	One per calendar year
Chlamydia Screening	Age 15 and older, one per calendar year
Folic Acid Supplements	
Gonorrhea Screening	Age 11 and older, twice per calendar year
Hepatitis B Screening	One per calendar year for pregnant women
Iron Deficiency Anemia Screening	One per calendar year for pregnant women
Osteoporosis Screening	Effective October 1, 2010 - January 31, 2012 Age 65 and older, 60 and older if at risk, once every 4 years Effective February 1, 2012 Age 65 and older, 65 and younger if at risk, once every 2 years
Rh Incompatibility Screening (all pregnant women)	Twice per calendar year
Tobacco Use Screening and Interventions	Effective May 16, 2014 - August 31, 2014 Women age 10 and older, 8 per calendar year Effective September 1, 2014 Women age 6 and older, 8 per calendar year
Syphilis Screening (At Risk and All Pregnant Women)	
Human Papillomavirus (HPV) Screening	Age 30 and older, every 3 years
Prenatal Conference (Pediatrician only)	
Effective August 1, 2012 - Additional Women's Preventive Services (Including Pregnant Women)	
Well Women Visit	Age 10 and older, up to two visits per calendar year depending on diagnosis and procedure
Preconception Visit	Age 10 and older, one visit per calendar year
Prenatal Care	Age 10 and older, up to six visits per calendar year depending on diagnosis and procedure
Screening for Gestational Diabetes	Age 10 and older, two per calendar year
HIV Counseling	Age 10 and older, one per calendar year
Contraceptive Methods and Counseling	
Counseling	Age 10 and older, one per calendar year
Sterilization	Age 10 and older, one procedure per lifetime (female only)
Confirmatory Test	Two per lifetime
Medical Contraceptive	Age 10 and older
Pharmacy Contraceptive Methods	Age 10 and older, Generic only; Brand coverage may be available, contact Customer Service for additional information
Breast Feeding	
Counseling and Support	Age 10 and older, three per year in conjunction with a birth

Healthcare Reform Preventive Services	Frequency
Supplies - Pumps and Accessories	Age 10 and older
Screening and Counseling for Interpersonal and Domestic Violence	Age 10 and older, one per calendar year (female only)
Sexually Transmitted Infection (STI) Prevention Counseling	Age 10 and older, one per calendar year
Preventive Services for Children	
Alcohol and Drug Use Assessments (adolescents)	Age 11-21, one per calendar year
Behavioral Assessments	
Behavior Counseling to Prevent Skin Cancer	Ages 10-24. Counseling for children, adolescents and young adults with fair skin
Cervical Dysplasia Screening (Pap Smear)	one per calendar year
Congenital Hypothyroidism (newborns)	Age 2-4 days
Dental Caries Prevention (< age 5)	Effective June 1, 2015 Age birth - 5 years, 4 per calendar year
Dental Caries Prevention (preschool children)	Usually included with office visit
Developmental Screening (< age 3)	Age 9-30 months, 4 screenings Effective January 1, 2015 Age 9-30 months, 5 screenings
Developmental Surveillance	Usually included with office visit
Dyslipidemia	Age 2-10, one every 2 years; Age 11-17, one per calendar year; Age 18-21, once during age range
Fluoride Chemoprevention	Age 6 months - 6 years, 3 assessments in age range
Gonorrhea Prevention (eye meds for newborns)	
Hearing Screening - Newborns	Age birth - 31 days, once in age range
Hearing Screening	Age 2 months- 10 years, 8 tests during age range; Age 11-21, 2 tests during age range
Height, Weight and BMI Measurements	Usually included with office visit
Hematocrit or Hemoglobin Screening	Age 4 months -10 years, 3 services during age range; Age 11-21 one per calendar year
Hemoglobinopathies (sickle cell screening for newborns)	Age birth - 31 days
Hepatitis B Screening	Effective June 1, 2015 Age 11 and older, one per calendar year
HIV Screening (adolescents at high risk)	Age 11 and older Effective August 1, 2012 females beginning age 10, Males beginning age 11
Immunizations	See below for a complete list of covered immunizations
Iron Supplements (Deficiency Screening)	At risk 6 to 12 month old babies
Lead Screening	Age 6 months - 6 years, 3 services during age range
Major Depressive Disorder Screening	Age 12-18 years, one per calendar year
Metabolic Hemoglobin Screening - Newborns	Age birth -2 months, once in age range
Obesity Screening and Counseling	Age 6-18 one per calendar year
Oral Health Risk Assessment	Age 6 months - 6 years, 3 services during age range
Over-the Counter Pharmaceuticals	
Fluoride	Age 6 months - 6 years
Iron Deficiency Anemia	Age 6 months - 12 months

Healthcare Reform Preventive Services	Frequency
Routine Newborn Care (in hospital)	
Phenylketonuria (PKU - for newborns)	Age 2-14 days, 2 services during age range
Psychosocial/Behavioral Assessment	Effective January 1, 2015 Age Newborn - 21 years, 31 services during age range
Routine Office Visit	9 visits first two years of life; Age 2, two visits per birth year; Age 3-6, one each year (based on birth year); Age 7 and older, one visit per calendar year
Sexually Transmitted Infections counseling (STI - adolescents at high risk)	Age 11 and older, 3 services in a lifetime Effective August 1, 2012 females annually beginning age 10, Males beginning age 11, 3 services in a lifetime
Sexually Transmitted Infections Screening (STI - adolescents at high risk)	Age 11 - 21, no frequency
Tuberculin Testing	Age 1 month - 21 years, a maximum of 6 services (IF NEEDED) during age range
Vision Screening (Visual Acuity)	Birth - 10 years, 8 services in age range; Age 11-21, 4 services in age range
Immunizations* For recommendations and guidelines regarding the following immunizations, go to www.cdc.gov/vaccines/recs/schedules	
Adult Tetanus and Diphtheria Toxoids - Absorbed (Td)	
Diphtheria Toxoid	
Diphtheria, Tetanus (DT)	
Diphtheria, Tetanus Toxoids, Acellular Pertussis Vaccine, Hemophilus Influenza Type B, and Poliovirus Vaccine, Inactivated (DTaP-Hib-IPV)	
Diphtheria, Tetanus Toxoids, Acellular Pertussis Vaccine, Hepatitis B, and Poliovirus Vaccine, Inactivated (DTaP-HepB-IPV)	
Diphtheria, Tetanus, Acellular Pertussis (Dtap)	
Diphtheria, Tetanus, Acellular Pertussis and Hemophilus Influenza B Vaccine (DTaP-Hib)	
Diphtheria, Tetanus Toxoids, Acellular Pertussis Vaccine and Poliovirus Vaccine, Inactivated (Dtap-IPV)	
Hemophilus Influenza B Vaccine (HIB)	
Hepatitis A	
Hepatitis A and B	
Hepatitis B and Hemophilus Influenza B Vaccine - Active Immunization (HepB - Hib)	
Hepatitis B Vaccine - Active Immunizations (HepB)	
Human Papilloma Virus (types 16 and 18); Cervarix® (HPV)	
Human Papilloma Virus (types 6, 11, 16 and 18); Gardasil® (HPV)	
Influenza Virus Vaccine	
Measles Virus Vaccine - Live	
Measles, Mumps and Rubella Vaccine (MMR)	
Measles, Mumps, Rubella, and Varicella Vaccine (MMRV)	

Healthcare Reform Preventive Services	Frequency
Meningococcal Conjugate Vaccine	
Meningococcal Polysaccharide Vaccine	
Mumps Virus Vaccine - Live	
Pneumococcal Conjugate (PCV) /Pneumococcal Polysaccharide Vaccine	
Poliomyelitis Vaccine (IPV)	
Rotavirus Vaccine	
Rubella Virus Vaccine	
Tetanus Toxoid	
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	
Varicella (Chicken Pox) Vaccine	
Zoster (Shingles) Vaccine	

*** Before getting one of the above immunizations at a pharmacy, ask the pharmacist if your pharmacy benefit will cover the immunizations at no cost to you. Otherwise, to receive the immunization at 100% and no cost sharing you will need to go to an in-network physician.**

Women's Health and Cancer Rights Act Information: A member who is receiving benefits in connection with a mastectomy will also receive coverage for reconstruction of the breast on which a mastectomy was performed and reconstruction of the other breast to produce a symmetrical appearance; prostheses; and treatment of physical complications at all stages of the mastectomy, including lymphedema. Benefits for this treatment will be subject to the same calendar year deductible and coinsurance provisions that apply for other medical and surgical benefits.

Benefits for mammograms vary depending upon the reason the procedure is performed and the way in which the provider files the claim:

- **If the mammogram is performed in connection with the diagnosis or treatment of a medical condition, and if the provider properly files the claim with this information, we will process the claim as a diagnostic procedure according to the benefit provisions of the plan dealing with diagnostic X-rays.**
- **If you are at high risk of developing breast cancer or you have a family history of breast cancer within the meaning of our medical guidelines – and if the provider properly files the claim with this information, we will process the claim as a diagnostic procedure according to the benefit provisions of the plan dealing with diagnostic X-rays.**
 - **In all other cases the claim will be subject to the provisions and limitations described within your booklet, including the section called Physician Preventive Benefits.**