

# 2022 PREVENTIVE HEALTH CARE GUIDELINES



Guidelines may change throughout the year based on new research and recommendations.

Get the most up-to-date list of mostly free, recommended care [here](#).

✓ MetroPlusHealth

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# 2022 FREE OR LOW-COST PREVENTIVE HEALTH CARE SERVICES

At MetroPlusHealth, we always want you to be at your best. That's why we encourage you and your family to take advantage of preventive care services available to you at low or no cost. We've listed dozens of FREE preventive services here for adults, women and children that just may help you be your healthiest yet.

## What are preventive health care services?

Preventive care helps your doctor find potential health problems before you feel sick. By finding medical problems early, your doctor can see you get the care you need to stay healthy. Be sure to visit your doctor regularly to get preventive care.

### Preventive care includes some:

- ✓ Immunizations
- ✓ Physical exams
- ✓ Lab tests
- ✓ Prescriptions

**Here is an example:** You schedule your annual preventive checkup with your doctor. While you're there, the doctor does a routine exam, several preventive screenings and gives you a flu shot. We pay for all these services in full, and your portion of the cost is \$0.

	Reason for service	What you'll pay
<b>Preventive care</b>	To prevent health problems. You don't have symptoms.	You won't pay anything.
<b>Diagnostic care</b>	You have a symptom, or you're being checked because of a known health issue.	This is a medical claim. Your deductible, copayments and coinsurance may apply.

The free preventive care services we list in these guidelines are based on recommendations from the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention (CDC), Health Resources and Services Administration (HRSA) and the latest medical research from organizations like the American Medical Association.

## Do you know the difference between preventive and diagnostic services?

The same service could be preventive (free) or diagnostic (copayments, coinsurance or deductibles apply).

- ✓ A list of free preventive care services can be found in this online guide.
- ✓ Preventive care services are free when provided by an in-network doctor. Go to [metroplus.org/find-doctor](https://metroplus.org/find-doctor) and use our Find a Doctor tool to find in-network doctors.



7 in 10 American deaths each year result from chronic diseases like heart disease and diabetes. Did you know many of these deaths can be prevented through early detection and the right care?

Source: CDC

### **Questions about preventive care?**

Call Member Services at the number on the back of your member ID card.

### **How do I know if a service is preventive or diagnostic?**

A service is diagnostic when it's done to monitor, diagnose or treat health problems. That means:

- ✓ If you have a chronic disease like diabetes, your doctor may monitor your condition with tests. Because the tests manage your condition, they're diagnostic.
- ✓ If you have a preventive screening and a health problem shows up, your doctor may order follow-up tests. In this case, the follow-up tests are diagnostic.
- ✓ If your doctor orders tests based on symptoms you're having, like a stomach ache, these tests are diagnostic.

If you receive services listed in this guide for a diagnostic reason, there may be a cost to you.

### **Compare costs and quality for diagnostic services**

Did you know that the cost of medical tests and procedures can vary 300% or more depending on where you have these performed. Compare costs and quality for 200+ health services at [marketplustcc.metroplus.org](http://marketplustcc.metroplus.org).



Service	It's preventive (free) when...	It's diagnostic when...
<b>Diabetes screening</b>	A blood glucose test is used to detect problems with your blood sugar, even though you don't have symptoms.	You're diagnosed with diabetes and your doctor checks your A1c.
<b>Osteoporosis screening</b>	Your doctor recommends a bone density test based on your age or family history.	You've had a health problem, or your doctor wants to determine the success of a treatment.
<b>Colon cancer screening</b>	Your doctor wants to screen for signs of colon cancer based on your age or family history. Related services integral to a colonoscopy are covered under the preventive care services benefit including: pre-operative examination, the associated facility, anesthesia, polyp removal (if necessary), pathologist and physician fees.	It's not preventive when you are having a health problem like bleeding or irregularity, or a post-operative examination.
<b>Complete blood count (CBC)</b>	Never preventive.	Always diagnostic. Studies show there's no need for this test unless you have symptoms.
<b>Metabolic panels</b>	Newborns 0-90 days.	Always diagnostic. Studies show that a metabolic panel isn't the best test for detecting or preventing illnesses.
<b>Urinalysis</b>	Never preventive.	Always diagnostic. National Guidelines say there's no need for this test unless you have symptoms.
<b>Prostate exam (PSA)</b>	Never preventive.	Always diagnostic. National Guidelines have changed recently because this test gives many false results.

# 2022 FREE PREVENTIVE HEALTH CARE SERVICES

## GENERAL ADULT HEALTH

### Care for all adults

You can keep track of services by completing the “Date Received” column.

### Physical exams

Age	Recommendation	Date received
19 – 21 years	Once every 2-3 years; annually if desired	
22 – 64 years	Once every 1-3 years; annually if desired	
65 and older	65 – 70: Once every year 70 – 80: Twice every year Over 80: Every three months or as recommended	

### Immunizations

Doses, ages and recommendations vary.

Vaccine	Recommendation	Date received
Chickenpox (varicella)	2 doses (if born in 1980 or later) 4-8 weeks apart for those who did not receive the vaccine.	
Flu (influenza)	1 dose annually.	
Hepatitis A	2 doses, usually 6-12 months apart, for those at risk (e.g., chronic liver disease, men who have sex with men).	
Hepatitis B	2-3 doses over 1-6 months based on vaccine series, for those at risk (e.g., chronic liver disease, HIV, sexual exposure risk).	
HPV (human papillomavirus)	19 – 26: 3 doses over 6 months.	
Measles, mumps, rubella (MMR)	1-2 doses if no history of the vaccination or disease (if born in 1957 or later).	
Meningitis/ Meningococcal (MenACWY)	1-2 doses, usually 2 months apart, for those at risk (e.g., HIV, asplenia, men who have sex with men).	
Meningitis B (MenB)	2 or 3 doses depending on vaccine and recommendation.	

## Immunizations (continued)

Doses, ages and recommendations vary.

Vaccine	Recommendation	Date received
<b>Pneumonia/ Pneumococcal (PCV20)</b>	≥65: 1 dose, discuss other vaccines/dosing with PCP; 19-64: 1 dose, for those at risk (e.g., Diabetes Mellitus, HIV, immunosuppressed), discuss other vaccines/dosing with PCP.	
<b>Shingles/Herpes Zoster (RZV)</b>	≥50: 2 doses over 2-6 months apart.	
<b>Tetanus, diphtheria and whooping cough (pertussis)</b>	1 dose Tdap then Td every 10 years (1 dose Tdap during each pregnancy).	

## Doctor visits and tests

Assessments, screenings and counseling	Recommendation	Date received
<b>Abdominal aortic aneurysm screening</b>	Once for men ages 65 – 75 with a history of smoking.	
<b>Alcohol misuse screening and counseling</b>	At physical exam.	
<b>Preventive guidance for family and intimate partner violence, breast self- exam, menopause counseling, safety, falls and injury prevention</b>	Separate intimate partner violence in women of reproductive age.	
<b>Blood pressure screening</b>	18+: Every wellness visit.	
<b>Cholesterol test</b>	Most healthy adults should have their cholesterol checked every 4-6 years. Those who have heart disease or diabetes or a family history of high cholesterol should have their cholesterol checked more often.	
<b>Colon cancer screening</b>	Age 45 – 75 years of age: Stool test every year. Colonoscopy every 10 years is highly recommended.	

**Doctor visits and tests (continued)**

<b>Assessments, screenings and counseling</b>	<b>Recommendation</b>	<b>Date received</b>
<b>Depression screening</b>	Every year, during physical exam. For pregnant women, during prenatal and postpartum visits.	
<b>Diabetes screening</b>	35 to 70 years who are overweight (BMI $\geq$ 25); During each pregnancy.	
<b>Diet/nutrition counseling</b>	At your doctor’s discretion if you’re at high risk for heart and diet related chronic diseases.	
<b>Falls prevention</b>	Exercise interventions to prevent falls in community dwelling adults age 65 years or older who are at increased risk for falls.	
<b>Hepatitis B screening</b>	Adults at high risk and pregnant women at their first prenatal visit.	
<b>Hepatitis C screening</b>	Adults at high risk and a one-time screening in adults ages 18 – 79 years.	
<b>HIV screening</b>	Everyone ages 15 to 65 needs to get tested for HIV at least once. All pregnant women also need to get tested. People at higher risk for HIV infection may need to get tested more often.	
<b>HIV infection</b>	PrEP, or pre-exposure prophylaxis, is medicine people at risk take to prevent getting HIV from sex or injection drug use.	
<b>Lung cancer screening</b>	<p>Get screened if all of the following apply:</p> <ul style="list-style-type: none"> <li>• You’re age 50 to 80</li> <li>• You have a history of heavy smoking — specifically, you smoked an average of 1 pack of cigarettes a day for 20 years or 2 packs a day for 10 years</li> <li>• You smoke now or you quit within the last 15 years</li> </ul>	
<b>Obesity screening and counseling</b>	Every year during physical exam.	



## Doctor visits and tests (continued)

Assessments, screenings and counseling	Recommendation	Date received
<b>Sexually transmitted infection (STI) counseling and screening</b>	Annual screening and counseling for chlamydia, gonorrhea and syphilis for adults who are at high risk.	
<b>Statin preventive medication</b>	<p>Statins are medicines that reduce the risk of heart attack and stroke by helping to lower the amount of cholesterol and other fats in the blood.</p> <p>Experts recommend that you take a statin if all 3 of these statements are true:</p> <ul style="list-style-type: none"> <li>• You're age 40 to 75</li> <li>• You have high cholesterol, diabetes, high blood pressure, or you smoke</li> <li>• Your doctor has decided that you are at high risk for heart attack and stroke</li> </ul>	
<b>Substance use disorder screening</b>	Unhealthy Drug Use Screening: 18 years or older, including pregnant and postpartum persons, and adolescents aged 12 to 17 years in primary care settings.	
<b>Tobacco-use screening and counseling</b>	<p>Tobacco/Vaping use screening and counseling.</p> <p>Adults and pregnant women: At each visit. Includes counseling on tobacco use, counseling on quitting, behavioral interventions and approved drugs for smoking cessation.</p> <p>See tobacco and electronic nicotine delivery systems (vaping) cessation products in the "Drugs" section below.</p>	
<b>Tuberculosis (TB) testing</b>	Asymptomatic adults at increased risk for infection.	

## Drugs

Prescription required.

Prescription	Recommendation	Date received
<b>Tobacco cessation products</b>	<p>FDA-approved tobacco/vaping cessation prescription medication and OTC nicotine replacement (NRT).</p> <p>(For MetroPlus Gold, this is only covered with a prescription rider.)</p>	

# 2022 FREE PREVENTIVE HEALTH CARE SERVICES

## WOMEN'S HEALTH

### Care that's recommended for women

You can keep track of the services you've had by completing the "Date Received" column. See the "Adult Health" section for more care that's recommended for all adults.

### Doctor visits and tests

Assessments, screenings and counseling	Recommendation	Date received
<b>Screening for anxiety</b>	Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.	
<b>BRCA risk assessment and genetic counseling/testing</b>	For women with a personal or family history with breast, ovarian, tubal, or peritoneal cancer with one of several screening tools designed to identify a family history that may be associated with an increased risk for potentially harmful mutations in breast cancer susceptibility genes (BRCA1 or BRCA2). Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing.	
<b>Breast cancer screening (mammogram)</b>	Once every 2 years for women ages 50 – 74.	
<b>Chlamydia and gonorrhea infection screening</b>	If you're age 24 or younger and having sex, get tested once every year. If you're age 25 or older, get tested if you have more than 1 sex partner, a new sex partner, or a sex partner with an STD.	
<b>Contraceptive counseling and contraception methods</b>	Routine counseling to address contraceptive needs, expectations, and concerns. FDA-approved contraceptive methods, sterilization procedures, education and counseling as prescribed by a health care provider for women with reproductive capacity.	
<b>Domestic violence and intimate partner violence screening and counseling</b>	Annually.	

## Doctor visits and tests (continued)

Assessments, screenings and counseling	Recommendation	Date received
<b>HIV counseling and screening</b>	Everyone ages 15 to 65 needs to get tested for HIV at least once. All pregnant women also need to get tested. People at higher risk for HIV infection may need to get tested more often.	
<b>PrEP (Pre-exposure prophylaxis)</b>	PrEP, or pre-exposure prophylaxis, is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. PrEP can stop HIV from taking hold and spreading throughout your body.	
<b>Osteoporosis screening (bone density testing)</b>	Women 65 and older, and postmenopausal women younger than 65 years who are at increased risk of osteoporosis.	
<b>Pap and HPV test (cervical cancer screening)</b>	Pap test every 3 years in women aged 21 – 29 years. 30 – 65 years, every 3 years with Pap test only, every 5 years with HPV testing alone, or every 5 years with pap test and HPV together.	
<b>Sexually transmitted infection (STI) prevention counseling and screening</b>	Screening and counseling for chlamydia, gonorrhea and syphilis for women who are at high risk.	
<b>Urinary incontinence screening</b>	Yearly.	
<b>Well-woman visits (physical exams)</b>	Annually.	

## Drugs

Prescription required.

Prescription	Recommendation	Date received
<b>Breast cancer prevention medication</b>	Risk-reducing medications for women with an increased risk of breast cancer who have never been diagnosed with breast cancer and a low risk for adverse medication effects.	
<b>Folic acid supplements</b>	Everyone who can get pregnant or who is pregnant: 0.4 to 0.8 mg.	

## Contraceptives

Prescription required.

Type	Method	Benefit Level
<b>Hormonal</b>	<ul style="list-style-type: none"> <li>• Oral contraceptives</li> <li>• Injectable contraceptives</li> <li>• Patch</li> <li>• Ring</li> </ul>	Generic contraceptive methods and the ring methods for women are covered. Your deductible and/or prescription copayment applies for brand name contraceptives when there is a generic available.
<b>Barrier</b>	<ul style="list-style-type: none"> <li>• Diaphragms</li> <li>• Condoms</li> <li>• Contraceptive sponge</li> <li>• Cervical cap</li> <li>• Spermicide</li> </ul>	<p><b>Medicare</b> Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply. <b>Part B:</b> 0% or 20% cost. <b>Part D:</b> If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$99.</p>
<b>Implantable</b>	<ul style="list-style-type: none"> <li>• IUDs</li> <li>• Implantable rod</li> </ul>	<p>Covered.</p> <p><b>Medicare</b> Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply. <b>Part B:</b> 0% or 20% cost. <b>Part D:</b> If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$99.</p>
<b>Emergency</b>	<ul style="list-style-type: none"> <li>• Ella<sup>®</sup></li> <li>• New Day<sup>™</sup></li> <li>• My Way<sup>™</sup></li> </ul>	<p>Covered.</p> <p><b>Medicare</b> Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply. <b>Part B:</b> 0% or 20% cost. <b>Part D:</b> If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$99.</p>
<b>Permanent</b>	Tubal ligation	<p>Covered at outpatient facilities and if received during an inpatient stay.</p> <p><b>Medicare</b> Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply. <b>Part B:</b> 0% or 20% cost. <b>Part D:</b> If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$99.</p>

# 2022 FREE PREVENTIVE HEALTH CARE SERVICES PREGNANT WOMEN'S HEALTH

## Care that's recommended for pregnant women

If you're pregnant, plan to become pregnant or recently had a baby, we recommend the preventive care that's listed here. You can keep track of the services you've had by completing the "Date Received" column.

### Doctor visits and tests

Assessments, screenings and counseling	Recommendation	Date received
<b>Bacteriuria screening with urine culture</b>	Between 12 – 16 weeks gestation or during first prenatal visit if later.	
<b>Breastfeeding support, supplies and counseling</b>	Lactation support and counseling to pregnant and postpartum women, including costs for breastfeeding equipment.	
<b>Gestational diabetes screening</b>	Screening for women 24 weeks pregnant (or later) and those at high risk of developing gestational diabetes.	
<b>Screening for diabetes mellitus after pregnancy</b>	Women with a history of gestational diabetes mellitus (GDM) who are not currently pregnant and who have not previously been diagnosed with type 2 diabetes mellitus should be screened for diabetes mellitus. Women with a negative initial postpartum screening test result should be rescreened at least every 3 years for a minimum of 10 years after pregnancy.	
<b>Hematocrit or hemoglobin screening</b>	During the first prenatal visit.	
<b>Hepatitis B screening</b>	During the first prenatal visit.	

Doctor visits and tests (continued)

Assessments, screenings and counseling	Recommendation	Date received
<b>HIV screening</b>	All pregnant women during each pregnancy including those who present in labor or at delivery whose HIV status is unknown.	
<b>PrEP (pre-exposure prophylaxis)</b>	If you have a partner with HIV and are considering getting pregnant, talk to your doctor about PrEP. PrEP may be an option to help protect you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding.	
<b>Iron-deficient anemia screening</b>	On a routine basis.	
<b>Preeclampsia screening</b>	Screening for preeclampsia in pregnant women with blood pressure measurements throughout pregnancy.	
<b>Rh incompatibility screening</b>	All pregnant women on first visit and follow-up testing for women at high risk.	
<b>Routine maternity care</b>	<p><b>Routine prenatal and postpartum visits for all pregnant women:</b></p> <ul style="list-style-type: none"> <li>• Office visit at 8-10 weeks of pregnancy (or earlier if at risk for ectopic pregnancy)</li> <li>• Every 4 weeks for first 28 weeks.</li> <li>• Every 2 – 3 weeks until 36 weeks gestation.</li> <li>• Every week after 36 weeks gestation.</li> <li>• Frequency of visits is determined by individual needs and assessed risk factors.</li> </ul>	
<b>Sexually transmitted infection (STI) screening</b>	Screening and counseling for chlamydia, gonorrhea, and syphilis.	
<b>Perinatal depression</b>	<p>Pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions.</p> <p>Maternal depression screening for mothers of infants at 1, 2, 4, and 6-month visits.</p>	

## Immunizations

Doses, ages and recommendations vary.

Vaccine	Before pregnancy	During pregnancy	After pregnancy	Date received
<b>Chickenpox (varicella)</b>	Yes; avoid getting pregnant for 4 weeks	No	Yes, immediately postpartum	
<b>Hepatitis A</b>	Yes, if at risk	Yes, if at risk	Yes, if at risk	
<b>Hepatitis B</b>	Yes, if at risk	Yes, if at risk	Yes, if at risk	
<b>HPV (human papillomavirus)</b>	Recommended for all persons through age 26 years.	No	Recommended for all persons through age 26 years.	
<b>Flu nasal spray</b>	Yes, if less than 50 years of age and healthy. Avoid getting pregnant for 4 weeks.  The nasal spray flu vaccine is approved for use in healthy non-pregnant people, 2 through 49 years old. People with certain medical conditions should not get the nasal spray flu vaccine.	No	Yes, if less than 50 years of age and healthy. Avoid getting pregnant for 4 weeks.  The nasal spray flu vaccine is approved for use in healthy non-pregnant people, 2 through 49 years old. People with certain medical conditions should not get the nasal spray flu vaccine.	
<b>Flu shot</b>	Yes	Yes	Yes	
<b>Measles, mumps, rubella (MMR)</b>	Yes; avoid getting pregnant for 4 weeks	No	Vaccinate after pregnancy	
<b>Meningococcal</b>	If indicated	If indicated	If indicated	
<b>Pneumococcal</b>	If indicated	If indicated	If indicated	
<b>Tetanus</b>	Yes (Tdap preferred)	1 dose Tdap during each pregnancy, preferably in early part of gestational weeks 27-36.	Yes (Tdap preferred)	

# 2022 FREE PREVENTIVE HEALTH CARE SERVICES CHILDREN'S HEALTH

## Care for newborns through age 18

You can keep track of services by completing the “Date Received” column. More than one child?  
[Click here](#) for additional copies.

### Well-baby visit

Babies need to see the doctor or nurse 6 times before their first birthday. First well-baby visit is 2 to 3 days after coming home from the hospital. After that first visit, babies need to see the doctor or nurse when they're:

Age	Date received
1 month old	
2 months old	
4 months old	
6 months old	
9 months old	

### Physical exams (well-child visits)

Age	Recommendation	Date received
Newborn	1 visit 3 – 5 days after discharge	
0 – 2 years	1 visit at 2, 4, 6, 9, 12, 15, 18 and 24 months	
3 – 6 years	1 visit at 30 months and 1 visit every year for ages 3 – 6	
7 – 10 years	1 visit every year	
11 – 18 years	1 visit every year	



## Immunizations

Doses, ages and recommendations vary.

Vaccine	Recommendation	Date received
<b>Chickenpox (varicella)</b>	<p>First dose between 12 – 15 months old.            Second dose between 4 – 6 years old.            Age 7–18 years without evidence of vaccination have a 2-dose series:</p> <ul style="list-style-type: none"> <li>• Age 7–12 years: routine interval: 3 months</li> <li>• Age 13 years and older: routine interval: 4–8 weeks</li> </ul>	
<b>Diphtheria, tetanus, whooping cough (pertussis)</b>	<b>DTaP:</b> 5 doses, 1 dose at 2, 4, 6 and 15 – 18 months old, 1 dose between ages 4 – 6 years.	
<b>Flu (influenza)</b>	2 doses, 4 weeks apart, for children between 6 months and 8 years the first time they get the vaccine. 1 dose annually for all persons age 9 years or older.	
<b>Haemophilus influenza type b</b>	1 dose at 2, 4 and 6 months and once between 12 – 15 months old.	
<b>Hepatitis A</b>	2-dose series 6 months apart beginning at age 12 – 23 months old. Children not previously immunized through 18 years should complete a 2-dose series 6 months apart.	
<b>Hepatitis B</b>	1 dose to all newborns before leaving the hospital, a second dose between 1-2 months and a third dose between 6-18 months. May begin between 2-18 years old if not immunized as a baby.	
<b>HPV (human papillomavirus)</b>	<p>HPV vaccination routinely recommended at age 11 – 12 years (can start at age 9 years) and catch-up HPV vaccination recommended for all persons through age 18 years if not adequately vaccinated 2- or 3-dose series depending on age at initial vaccination:</p> <ul style="list-style-type: none"> <li>• Age 9 through 14 years at initial vaccination: 2-dose series at 0, 6 – 12 months</li> <li>• Age 15 years or older at initial vaccination: 3-dose series at 0, 1 – 2 months, 6 months</li> </ul>	
<b>Polio</b>	4-dose series at ages 2, 4, 6 – 18 months, 4 – 6 years, final dose on or after age 4 years and at least 6 months after the previous dose.	
<b>Measles, mumps, rubella (MMR)</b>	1 dose between 12 –15 months and a second between 4 – 6 years. Can be given to older children if no history of vaccination or the disease.	

## Immunizations (continued)

Doses, ages and recommendations vary.

Vaccine	Recommendation	Date received
<b>Meningitis (meningococcal)</b>	<p><b>Routine vaccination</b> 2-dose series at 11 – 12 years, 16 years</p> <p><b>Catch-up vaccination</b></p> <ul style="list-style-type: none"> <li>• Age 13 – 15 years: 1 dose now and booster at age 16 – 18 years</li> <li>• Age 16 – 18 years: 1 dose</li> </ul>	
<b>Pneumonia (Pneumococcal)</b>	<ul style="list-style-type: none"> <li>• 4-dose series at 2, 4 and 6 months and 12 to 15 months.</li> <li>• 1 dose for healthy children age 24 – 59 months who did not complete the series.</li> </ul>	
<b>Rotavirus</b>	<p>2-dose series at age 2 and 4 months</p> <p>3-dose series at age 2, 4, and 6 months</p>	

## Drugs

Prescription required.

Prescription	Recommendation	Date received
<b>Iron supplements</b>	Children ages 6 – 12 months at risk for iron deficiency.	
<b>Oral fluoride supplements</b>	Starting age 6 months for children without fluoride in their primary water source..	

## Doctor visits and tests

Assessments, screenings and counseling	Recommendation	Date received
<b>Alcohol and drug use assessment</b>	Ages 11 – 18.	
<b>Autism screening</b>	At 18 and 24 months.	
<b>Behavioral assessments</b>	Behavioral assessments for children ages: 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years.	
<b>Bilirubin concentration screening</b>	For newborns.	

**Doctor visits and tests (continued)**

<b>Assessments, screenings and counseling</b>	<b>Recommendation</b>	<b>Date received</b>
<b>Blood pressure</b>	Blood pressure screening for children ages: 0 – 11 months, 1 – 4 years , 5 – 10 years, 11 – 14 years, 15 – 17 years.	
<b>Congenital hypothyroidism screening</b>	Once at birth.	
<b>Dental visits</b>	Annually starting at age 1.	
<b>Cavity prevention</b>	Primary care clinicians should prescribe oral fluoride supplements starting at age 6 months for children whose water supply is deficient in fluoride. They should also apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.	
<b>Dental sealants</b>	Apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption through age 5 years.	
<b>Depression screening and behavioral assessments</b>	Behavioral assessments for children ages: 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years. Depression screening: ages 12 – 18.	
<b>Developmental screening</b>	For children under age 3.	
<b>Dyslipidemia screening</b>	Dyslipidemia screening for all children once between 9 and 11 years and once between 17 and 21 years and for children at higher risk of lipid disorders.	
<b>Gonorrhea preventive medication</b>	Once at birth.	
<b>Hearing loss screening</b>	Hearing screening for all newborns; and for children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years. Also includes screening at 4 years, 5 years, 6 years; 8 years; 10 years.	
<b>Height, weight and body mass percentile</b>	At each visit.	
<b>Hematocrit or hemoglobin screening</b>	For all children.	

**Doctor visits and tests (continued)**

<b>Assessments, screenings and counseling</b>	<b>Recommendation</b>	<b>Date received</b>
<b>Hepatitis B screening</b>	Adolescents at high risk.	
<b>HIV screening</b>	Adolescents starting at age 15. Children under 15 if they're at high risk.	
<b>PrEP (pre-exposure prophylaxis) HIV prevention medication</b>	For HIV negative adolescents at high risk for getting HIV through sex or injection drug use.	
<b>Lead screening</b>	Lead screening at 12 months and 24 months.	
<b>Medical history</b>	At each well-child visit.	
<b>Newborn screenings as identified by the Federal Health Resources and Services Administration</b>	Once at birth.	
<b>Metabolic screening panel (Newborns)</b>	Age 0 – 90 days. Does not have diagnosis code requirements for the preventive benefit to apply. Newborn tests covered with no costsharing are PKU (Phenylketonuria screening, hypothyroidism screening and sickle cell screening.	
<b>Obesity screening and physical activity and nutrition counseling</b>	Annual screening for children starting at age 6, and offer comprehensive, intensive behavioral interventions to promote improvements in weight status.	
<b>Oral health risk assessment</b>	For young children from 6 months to 6 years.	
<b>Sexually transmitted infection (STI) prevention, screening and counseling</b>	Screening and behavioral counseling for all adolescents who are at increased risk for infection.	
<b>Tobacco-use screening and counseling</b>	Screening during each visit, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)-approved pharmacotherapy to help smokers quit.	
<b>Tuberculosis (TB) testing</b>	For children at higher risk of tuberculosis.	
<b>Vision screening</b>	Vision screening at least once between ages 3 and 5.	



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