



## Preventive health guidelines and other screenings

Sanford Health Plan is committed to helping you stay healthy. We believe staying up to date with preventive health care is a key part of disease prevention.

Take advantage of these services! Preventive care and screenings are available for no cost, or very low cost, if using an in-network provider. Prior authorization (approval) is not necessary and services can be received once per calendar year.

For questions, please contact Customer Service by calling the number on your member ID card.

*Services are provided as listed, unless your plan document(s) state otherwise. If a plan is a "grandfathered health plan" under the ACA, it may not include certain coverages for the provision of preventive health services without any cost sharing. Please see your Certificate of Insurance as cost sharing amounts may apply based upon the benefit plan selected.*

### Preventive versus diagnostic care

#### Free Preventive Care

- Tests used to prevent or identify health problems and you do not have symptoms
- Tests are done for screening purposes and may be based on age and/or family history
- You have not been diagnosed with a medical issue

#### Diagnostic Care

If a service is billed as diagnostic, a copay, deductible and/or coinsurance may apply.

- You have a symptom, are sick or are being seen because of a known medical issue
- Your provider wants to monitor, diagnose or treat a health problem(s)

Service Name	Group	Age/Frequency If no frequency specified, service is allowed once per calendar year.
Abdominal aortic ultrasound screening	Men	Age 65-75, once per lifetime
Alcohol use screening	Children/Adolescents, Men, Women	Age 11 and older
Anemia screening (hemoglobin or hematocrit)	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Allowed 4 screenings between ages 0-3</li> <li>Once per year ages 4 and older</li> </ul>
Anxiety screening	Adolescents, Men, Women	
Aspirin	Men, Women	<ul style="list-style-type: none"> <li>Age 50-59 if at risk of developing cardiovascular disease</li> <li>Pregnant women at 12+ weeks gestation at risk for preeclampsia</li> <li>Generic, dose less than or equal to 325 mg</li> </ul>
Bacteriuria (urine infection) screening	Women	Pregnant women
Basic or comprehensive metabolic panel (BMP/CMP)	Children/Adolescents, Men, Women	Once every calendar year
Blood pressure screening	Children/Adolescents Men, Women	Includes pregnant women for preeclampsia
Breast cancer screening	Women	<ul style="list-style-type: none"> <li>Age 35 and older</li> <li>Age 30 and older for members at high risk for breast cancer</li> </ul>
Breast feeding support, counseling and supplies	Women	<ul style="list-style-type: none"> <li>During pregnancy and after birth</li> <li>One non-hospital grade pump allowed per pregnancy</li> </ul>
Cervical cancer screening <ul style="list-style-type: none"> <li>PAP test</li> <li>HPV DNA test</li> <li>HPV DNA with PAP test</li> </ul>	Women	<ul style="list-style-type: none"> <li>Age 21-65 every 3 years</li> <li>Age 30-65 every 5 years</li> <li>Age 30-65 every 5 years</li> </ul>
Chlamydia infection screening	Children/Adolescents, Women	<ul style="list-style-type: none"> <li>Sexually active women age 11-24</li> <li>Age 30-65 every 5 years</li> <li>Older women at risk for infection</li> </ul>
Cholesterol (lipid disorders) screening	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Children/adolescents with risk factors between ages 2-8 and 12-16</li> <li>Children/adolescents/adults once between ages 9-11, 17-21 and 22-24</li> <li>Once every 5 years between age 25-44</li> <li>Once every calendar year age 45 and older</li> </ul>
Colon cancer screening	Men, Women	<p>Age 45+ at interval shown below:</p> <ul style="list-style-type: none"> <li>Colonoscopy every 10 years (includes anesthesia and tissue sample analysis)</li> <li>CT Colonography every 5 Years</li> <li>Stool for occult blood every year</li> <li>Fecal immunochemical test (FIT) every year</li> <li>Stool DNA (Cologuard) testing every 3 years</li> <li>Flexible sigmoidoscopy every 5 years</li> <li>Includes generic bowel prep agents</li> </ul> <p>Colonoscopy and sigmoidoscopy starting at age 40+, every 5 years with family history and/or genetic risk for colorectal cancer</p>
Contraception counseling/ education, products and services	Children/Adolescents, Women	<ul style="list-style-type: none"> <li>Available to women able to become pregnant</li> <li>Generic birth control products and Nuvaring</li> </ul>
Counseling for sexually transmitted diseases (STDs)	Children/Adolescents, Men, Women	Sexually active adolescents and adults at risk
Depression screening	Children/Adolescents, Men, Women	Age 12 and older
Depression Counseling and referral for assistance	Pregnant and Postpartum Women	
Developmental/autism screening	Children/Adolescents	<ul style="list-style-type: none"> <li>Developmental screen at age 9, 18, 30 months</li> <li>Autism screen at 18 and 24 months</li> </ul>

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Diabetes screening	Men, Women	Age 40-70 for adults who are overweight or obese and pregnant women and women with a history of gestational diabetes
Discussion about potential benefits/risk of preventive breast cancer medication	Women	Includes coverage for generic (tamoxifen or raloxifen) or brand (soltamox liquid) medication
Domestic and interpersonal violence screening	Children/Adolescents, Women	
Fall prevention screening	Men, Women	Age 65 and older, includes physical therapy and vitamin D (includes generic prescriptions and over the counter options, dose less than or equal to 1000 units of vitamin D2 or D3)
Fluoride application	Children/Adolescents	<ul style="list-style-type: none"> <li>Age 0-5 in primary care setting</li> <li>Two allowed per calendar year</li> </ul>
Folic acid supplements	Women	<ul style="list-style-type: none"> <li>Generic, 0.4-0.8 mg dose</li> <li>Allowed for women planning to become pregnant or in their childbearing years, younger than age 51</li> </ul>
Generic cholesterol (statin) medications	Men, Women	Age 40-75 with at least one cardiovascular risk factor but no cardiovascular disease
Genetic counseling and evaluation for BRCA testing and BRCA lab screening	Women	<ul style="list-style-type: none"> <li>Once per lifetime</li> <li><b>Prior authorization required</b> for genetic testing</li> </ul>
Gonorrhea infection screening	Children/Adolescents, Women	<ul style="list-style-type: none"> <li>Sexually active women age 11-24</li> <li>Older women at risk for infection</li> </ul>
Healthy diet and physical activity counseling	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Age 6 and older for members who are obese</li> <li>Adults with risk factors for cardiovascular disease</li> <li>Pregnant women to promote healthy weight gain</li> </ul>
Hearing screening	Children/Adolescents, Men, Women	One screening: <ul style="list-style-type: none"> <li>At birth, between 3-5 days of age and 2 months.</li> <li>Ages 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, 3 years, 7 years and 9 years, if needed.</li> <li>At ages 4, 5, 6, 8, 10 years</li> <li>Between age 11-14</li> <li>Between age 15-17</li> <li>Between age 18-21</li> </ul>
Hepatitis B virus infection screening	Children/Adolescents, Men, Women	Pregnant women or members at high risk for infection
Hepatitis C virus infection screening	Men, Women	Age 18 to 79 years, once per lifetime
HIV Preventive Medication	Children/Adolescents, Men, Women	Prior authorization is required
Human Immunodeficiency Virus (HIV) screening	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Age 11 and older</li> <li>One screening for pregnant women</li> <li>One test per calendar year</li> </ul>
Immunizations Covered if given per CDC schedule	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>COVID-19</li> <li>Diphtheria, tetanus toxoids and acellular pertussis (DTaP, Tdap, Td)</li> <li>Meningococcal (MCV)</li> <li>Haemophilus influenzae type b conjugate (Hib)</li> <li>Pneumococcal (pneumonia)</li> <li>Hepatitis A (HepA)</li> <li>Poliovirus (IPV)</li> <li>Hepatitis B (HepB)</li> <li>Rotavirus (RV)</li> <li>Human papillomavirus (HPV) (age and gender criteria apply depending on vaccine brand), varicella (chickenpox)</li> <li>Influenza (flu) vaccine</li> <li>Zoster (shingles)</li> <li>Measles, mumps and rubella (MMR)</li> </ul>

Service Name	Group	Age/Frequency If no frequency specified, service is allowed once per calendar year.
Lead screening	Children/Adolescents	<ul style="list-style-type: none"> <li>Once at age 12 months and 24 months</li> <li>Age 6 months, 9 months, 18 months, 3 years, 4 years, 5 years and 6 years, if screening questions are positive.</li> </ul>
Lung cancer screening (low dose CT scan)	Men, Women	Adults age 50-80 who have a 20 pack/year smoking history and currently smoke or have quit within the past 15 years
Newborn screenings	Children	Newborns age 0-90 days: <ul style="list-style-type: none"> <li>Hearing screening</li> <li>Hypothyroidism screening</li> <li>PKU screening</li> <li>Sickle cell screening</li> <li>Bilirubin screening</li> <li>Metabolic screening panel</li> </ul>
Obesity screening	Children/Adolescents, Men, Women	
Osteoporosis screening	Women	Age 65 and older, or if at risk
Preeclampsia prevention	Adolescents, Women	Includes generic aspirin (81 mg) for pregnant women at risk
Prostate specific antigen (PSA) screening	Men	Age 50 and older and ages 40-49 with family history of prostate cancer
RH incompatibility screening	Women	Pregnant women, repeated Rh(D) testing at 24-28 weeks if indicated. We only allow once per lifetime.
Skin cancer prevention counseling to minimize UV exposure	Children/Adolescents, Men, Women	Age 6 months – 24 years
Syphilis infection screening	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Pregnant women</li> <li>Individuals at risk</li> </ul>
Tobacco use cessation medications/interventions	Men, Women	<ul style="list-style-type: none"> <li>All generic and over-the-counter medication options</li> <li>Includes pregnant women</li> </ul>
Tobacco use prevention counseling	Children/Adolescents	
Tuberculosis (TB) screening and test	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Age 0-18, allowed as needed if screening questions are positive</li> <li>Age 18 and older, if at increased risk, every 5 years</li> </ul>
Visual impairment screening (Snellen exam)	Children/Adolescents	Children 3-5 years
Wellness exams (well baby, well child and well person exams, including annual well woman checkups)	Children/Adolescents, Men, Women	<ul style="list-style-type: none"> <li>Once at 3-5 days old, and 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months old</li> <li>Yearly for age 3 and older</li> </ul> Includes age and gender appropriate health advice and information about: <ul style="list-style-type: none"> <li>Dental care</li> <li>Exercise and physical activity</li> <li>Diet and nutrition</li> <li>Counseling for obesity and alcohol use</li> <li>Safety/injury prevention</li> <li>Screening for obesity, high blood pressure, alcohol, tobacco use, drugs, sexual behavior/STDs, and suicide if appropriate</li> <li>Socioeconomic health, social determinants of health, dental home and dental risk assessment.</li> </ul> For Women <ul style="list-style-type: none"> <li>Breastfeeding support and counseling</li> <li>Birth control counseling and follow-up care</li> <li>Domestic violence screening</li> <li>Screening for urinary incontinence</li> </ul>