



Using preventive services

Your Premera Blue Cross plan pays in-network preventive services in full. You'll get the most value from these benefits by choosing a doctor in your plan's network.

What are preventive services?

Preventive services are screenings, counseling, and medication your doctor may suggest for you to keep you healthy. The purpose of preventive services is to prevent sickness before problems start.

When the following services are billed by your doctor as routine preventive services, your plan pays for them in full. It's a good idea to bring this list to your visit so your doctor knows what's in your plan. If you have questions about your preventive benefits, call the customer service number on the back of your member ID card.

What aren't preventive services?

During your visit, your doctor may find a problem that needs more screening or tests to pinpoint the issue. If you manage an ongoing health issue, your doctor may run further tests. Screenings and tests that diagnose or monitor your condition are not preventive services, and may require you to pay more out-of-pocket costs.

Keep in mind

Recommended age and frequency of preventive services varies. Talk with your doctor about preventive services that are right for you.

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Adults 18 and over

Services, screenings, and tests

Wellness exams for ages 18 and over

Visits for routine wellness or physical exams

Abdominal aortic aneurysm screening for men (65–74) who have ever smoked

One-time screening

Alcoholism screening and counseling

Blood pressure screening

Breast cancer screening Mammography

Cholesterol test for adults of specific ages or those at higher risk

Colorectal cancer screenings for ages 50 and over or those at high risk

Colonoscopy or Sigmoidoscopy

Includes polyp removal and pathology, and a pre-colonoscopy consultation. Includes anesthesia your doctor considers medically appropriate for you.

Depression screening

Diabetes (Type 2) screening

Fall prevention for ages 65 and over

Healthy eating assessment and dietary counseling

Hepatitis B screening for those at higher risk

Hepatitis C screening for those at higher risk

HIV infection screening for all adults at higher risk

Lung cancer screening for ages 55 to 80 at higher risk

Pre-approval required, please contact the customer service number on the back of your card.

Obesity screening and counseling for weight loss

Prostate cancer screening

Prostate-Specific Antigen (PSA) blood test.

Sexually transmitted infection (STI) counseling for those at higher risk

Syphilis testing for those at higher risk

Nicotine dependency screening and counseling

For quitting smoking or chewing tobacco

Immunizations

Chicken Pox (Varicella)

Flu (Influenza)

Hepatitis A

Hepatitis B

HPV (Human papillomavirus)

Meningitis (Meningococcal)

MMR (Measles, Mumps, Rubella)

Pneumonia (Pneumococcal)

Shingles (Herpes zoster)

Tdap (Tetanus, diphtheria, pertussis)

Medications and supplements

Aspirin for those at risk due to heart conditions or pregnant women who are at high risk for preeclampsia between the ages of 45 and 79

Over-the-counter, aspirin-only products (75–325 mg)

Requires a written prescription.

Birth control Visits for birth control devices and family planning. Generic or single-source brand oral contraceptives (including emergency contraception), cervical caps, patches, diaphragms, IUDs, contraceptive implants, and over-the-counter birth control (for example, female condoms, sponges).

Requires a written prescription.

Breast cancer preventive medications for those at higher risk – Raloxifene, Soltamox and Tamoxifen

Folic acid for women who are pregnant or are considering pregnancy. Over-the-counter (0.4–0.8 mg)

Requires a written prescription.

Pre-colonoscopy cleansing preparations for those between the ages of 50 and 75. Generic or single-source brands. *Requires a written prescription.* Fill limit of 2 every 365 days. (Over-the-counter drugs are not covered as a preventive benefit.)

Tobacco cessation Prescription drugs only, including Bupropion (generic Zyban), Chantix, NRT (nicotine replacement therapy) nasal spray or NRT inhaler.

Requires a written prescription.

Vitamin D for ages 65 and over. 500 mg or 1,000 mg



Reproductive and women's health

Birth control, contraception, and family planning

Visits for birth control devices and family planning. Generic or single-source brand oral contraceptives (including emergency contraception), cervical caps, patches, diaphragms, IUDs, contraceptive implants, and over-the-counter birth control (for example: female condoms, sponges).

Requires a written prescription.

Bone density (osteoporosis) screening

Breast and Ovarian Cancer (BRCA) genetic counseling and testing Pre-approval for testing required, please contact the customer service number on the back of your card.

Breast cancer (chemoprevention) counseling for women at higher risk

Breast cancer preventive medications for those at higher risk – Raloxifene, Soltamox and Tamoxifen

Breast cancer screening Mammography

Cervical cancer screening Pap smear

Chlamydia infection screening

Domestic violence screening and counseling

Gonorrhea screening for those at higher risk

HPV (human papillomavirus) screening

Sterilization for women

Pregnancy

Anemia screening

Bacteriuria urinary tract infection screening

Breast-feeding interventions to support and promote breast-feeding before and after childbirth.

Breast pumps

Folic acid for women who are pregnant or are considering pregnancy. Over-the-counter (0.4–0.8 mg).

Requires a written prescription.

Gestational diabetes screening

Hepatitis B infection screening

Rh (antibody) incompatibility testing

Syphilis screening

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Children | Teens

For children under age 18, routine exams, immunizations, and screenings listed below are covered in full when received from a doctor within your plan's network.

Well children and teens

Well baby exam for ages 0 to 3

Well child exam for ages 4 to 18

Anemia screening

Annual alcohol and drug use

Autism screening

Behavioral issues

BMI Height, weight, and body mass

Cervical dysplasia for sexually active females

Depression screening

Developmental screening

Hearing screening

HIV infection screening for those at risk

Hypothyroidism – congenital

Lack of thyroid secretions

Lead screening for children at risk of exposure

Lipid disorders Cholesterol and triglycerides

Obesity screening and counseling for weight loss

Oral health risk assessment

Completed during routine physical exam

PKU for newborns

Phenylketonuria inherited metabolic deficiency

Sexually transmitted infection (STI) prevention counseling

Sickle cell anemia and trait for newborns

Hemoglobinopathies

TB testing Tuberculin

Vision screening

Immunizations

Chicken pox (Varicella)

DPT (Diphtheria, tetanus, pertussis)

Flu (Influenza)

HB (Haemophilus influenza type B)

Hepatitis A

Hepatitis B

HPV (Human papillomavirus)

IPV (Inactivated polio virus)

Meningitis (Meningococcal)

MMR (Measles, mumps, rubella)

Pneumonia (Pneumococcal)

Medications and supplements

Fluoride for ages 0 to 18

Requires a written prescription.

Iron supplements from birth until first birthday

Over the counter, liquid form only

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