

Policy number: CP-IFP21-013B

Effective Date: January 1, 2025

Preventive Services Adults/Female/Children

The purpose of this policy is to provide clarity and specificity for coverage of Preventive Services Adults/Female/Children. UCare covers preventive services that meet the coverage requirements under federal and state laws and regulations. Preventive health services include screening tests to detect conditions that have not been diagnosed and have not produced symptoms, immunizations, preventive check-ups, and preventive counseling. Preventive benefits undergo regular review that may result in change. Coverage may also change for specific member ages or gender.

DISCLAIMER

Coverage Policies are developed to assist in identifying coverage for UCare benefits under UCare's health plans. They are intended to serve only as a general reference regarding UCare's administration of health benefits and are not intended to address all issues related to coverage for health services provided to UCare members.

These services may or may not be covered by all UCare products (refer to product section of individual coverage policy for product-specific detail). Providers are encouraged to have their UCare patient refer to their UCare plan documents (Evidence of Coverage/Member Handbook/Member Contract) for specific coverage information. If there is a conflict between a coverage policy and the UCare plan documents, the UCare plan documents prevail.

Medical Assistance (Medicaid) products may provide different coverage for certain services, which may be addressed in different policies. For Minnesota Health Care Program (MHCP) policies, please consult the MHCP Provider Manual website.

Medicare products may provide different coverage for certain services, which may be addressed in different policies. For Medicare National Coverage Determinations (NCD), Local Coverage Determinations (LCD), and/or Local Coverage Articles, please consult CMS, National Government Services, or CGS websites.

Coverage Policies do not constitute medical advice. Providers are responsible for submission of accurate and compliant claims.

Product Summary

This coverage policy applies to the following UCare products:

UCare product	Applies to
UCare Individual & Family Plans (IFP), UCare IFP with M Health Fairview	✓
UCare Medicare Plans, UCare Medicare with M Health Fairview & North Memorial Health, UCare Advocate Plus (HMO I-SNP), EssentiaCare	
UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP)	
UCare Connect + Medicare (HMO D-SNP)	
UCare Connect (SNBC)	
Prepaid Medical Assistance Program (PMAP), MinnesotaCare	
Minnesota Senior Care Plus (MSC+)	

Benefit category:

Preventive Care, Screenings, and Immunizations

Definitions or summary

UCare covers preventive care services from health care professionals, based on age, sex and certain risk factors that are included in:

- Affordable Care Act (ACA),
- MN State statutes,
- A and B recommendations of the United States Preventive Services Task Force (USPSTF),
- Advisory Committee on Immunizations Practices (ACIP) of the Centers for Disease Control (CDC),
- Health Resources and Services Administration (HRSA), and
- Bright Futures.

Diagnostic Health Services: These services evaluate symptoms, diagnose a suspected illness, monitor a diagnosed condition, and guide treatment of a condition or symptom. A certain test that is listed in this document as a preventive service may be regarded as preventive in one context and diagnostic in another. For example, a blood test to monitor or guide treatment for a condition that has already been diagnosed is considered diagnostic. Deductibles, copayments, or coinsurance for diagnostic health services are applied as stated in each plan's benefits.

Examples of services subject to member cost share include, but are not limited to:

- *Tests or services done as a follow-up to findings during a preventive screening.*
- *A service or test when it monitors, diagnoses, or treats a new or existing health problem or monitors a chronic disease.*
- Skin exams to check for moles, birthmarks, or other pigmented areas that look abnormal in color, size, shape, or texture are not considered preventive screenings.
- Lab tests such as Basic/Comprehensive Metabolic Blood Panels (BMP, CMP), Basic Metabolic Panel (BMP), Complete Blood Count (CBC), General health panel, Thyroid Stimulating Hormone (TSH) even if these tests are done during a wellness visit in the absence of symptoms.

Preventive Health Services: Preventive health services include screening tests (to detect conditions that have not been diagnosed and have not produced symptoms), checkups, and preventive counseling. Routine preventive health services are generally covered without cost sharing (deductibles, copayments, or coinsurance) as required by the Affordable Care Act and other regulation. Age range and frequency for screening tests may vary based on an individual's risk factors.

Coverage policy

Immunizations

As recommended by Center for Disease Control (CDC) and Advisory Committee on immunization Practices (ACIP). Doses, recommended ages, and recommended populations vary. For additional information, including recommended immunization schedule, please see the Preventive Health Care Guidelines: ucare.org/preventivecare

Chickenpox (Varicella)	Inactivated Poliovirus
COVID-19 (covered without member cost share in or out of network.)	Measles, Mumps, Rubella (MMR)
Diphtheria	Meningococcal
Diphtheria, tetanus, and pertussis (DTaP)	Pneumococcal
Influenza (flu shot) (covered without member cost share in or out of network.)	RSV
Haemophilus influenza type b	Rotavirus
Hepatitis A	Shingles
Hepatitis B	Tetanus (Tetanus, diphtheria, pertussis (TDAP) or Tetanus, diphtheria (TD)
Human Papillomavirus (HPV)	Whooping Cough (Pertussis)

Routine health exams and health assessments

The health care provider will advise members on how often assessments are needed based on their age, gender, and health status. For additional information, including recommended immunization schedule, please see the Preventive Health Care Guidelines: ucare.org/preventivecare

For all Adults

Abdominal aortic aneurysm	For men aged 65 to 75 years who have ever smoked, one-time screening for abdominal aortic aneurysm (AAA) with ultrasonography
Alcohol misuse screening and counseling	For people 18 years and older.
Anxiety screening	For people 18 years and older.
Blood pressure screening	For people 18 years and older without known hypertension.
Cardiovascular disease counseling (CVD)	For people 18 years and older, healthy diet and physical activity counseling to prevent cardiovascular disease among those with risk factors for CVD.
Cholesterol test	For people ages 40 to 75 years, a fasting test (A fasting test (total cholesterol, LDL, HDL and triglyceride) once every 5 years.
Colorectal cancer screening	For people ages 45 to 75 years. Also see related Colorectal Cancer Tests (Preventative and Diagnostic) Coverage Policy for additional information.

<u>For all Adults</u>	
Depression and suicide risk screening	For people ages 18 years and older.
Diabetes screening	For people ages 35 to 75 years, screening for prediabetes and type 2 diabetes for asymptomatic people who are overweight or obese.
Diet counseling	For people 18 years and older with high risk factors for heart and diet-related chronic diseases.
Falls prevention	For people 65 years and older living in a community setting, exercise interventions to prevent falls for those at increased risk
Hepatitis B virus (HBV) screening	For asymptomatic, nonpregnant people at increased risk of infection.
Hepatitis C virus (HCV) screening	For people ages 18 to 79 years.
Human Immunodeficiency Virus (HIV) prevention medication	For HIV negative people who are at increased risk of HIV acquisition, it is recommended clinicians offer preexposure prophylaxis (PrEP) using effective antiretroviral therapy to decrease the risk of acquiring HIV. Covered preventive medications require a prescription (see plan formulary for limitations).
Human Immunodeficiency Virus (HIV) screening	For people up to age 65, screening for HIV infection. Older people at increased risk for infections should also be screened.
Lung cancer screening	For people ages 50 to 80 years, annual lung cancer screening with low-dose computed tomography (LDCT) who have a 20 pack per year smoking history and currently smoke or who have quit within the last 15 years.
Obesity screening and counseling	For people 18 years and older, screening and counseling regarding weight loss, healthy diet, and exercise.
Prostate cancer screening	For men 40 years of age or older who are symptomatic or in a high-risk category and for all men 50 years of age or older, Prostate Specific Antigen (PSA) including digital rectal exam and PSA blood test.
Sexually transmitted infection (STI) prevention counseling	Behavioral counseling for sexually active adults who are at increased risk for sexually transmitted infections (STI).
Skin cancer prevention counseling	For adolescents and adults up to age 24 with fair skin types, counseling to minimize exposure to ultraviolet (UV) radiation to reduce the risk of skin cancer.

<u>For all Adults</u>	
Statin use for the prevention of cardiovascular disease (CVD) preventive medication	For people ages 40-75 who have one or more CVD risk factors and an estimated 10-year CVD risk of 10% or greater. Covered preventive medications require a prescription (see plan formulary for limitations).
Syphilis screening	For asymptomatic, nonpregnant people who are at increased risk of infection.
Tobacco use screening	For nonpregnant people 18 years and older, tobacco cessation interventions for tobacco users and US Food and Drug Administration (FDA) approved pharmacotherapy for cessation to nonpregnant adults who use tobacco. Covered preventive medications require a prescription (see plan formulary for limitations).
Tuberculosis (TB) screening	For asymptomatic people, 18 years and older, screening for latent tuberculosis infection (LTBI) in populations at increased risk.
Unhealthy drug use screening	For people 18 years and older, screening by asking questions about unhealthy drug use. (Screening refers to asking questions about unhealthy drug use, not testing biological specimens.)

Women's Health *All preventive services and screenings listed above and the following recommendations. This applies to cisgender women and all other persons assigned female at birth (including transgender men and nonbinary persons):*

BRCA-related cancer risk assessment, genetic counseling and testing	For women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or an ancestry associated with BRCA 1/2 gene mutation, an assessment with an appropriate brief familial risk assessment tool. Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing. Covered once per lifetime.
Breast cancer chemoprevention counseling	For ages 35 years and older at increased risk of breast cancer
Breast cancer screening	For ages 40 years and older, a screening mammography every 1-2 years, which includes 2D and 3D mammography or digital tomosynthesis and some additional diagnostic services or testing following the screening mammography when necessary.
Breast cancer prevention medication	For ages 35 and older at increased risk of

Women's Health All preventive services and screenings listed above and the following recommendations. This applies to cisgender women and all other persons assigned female at birth (including transgender men and nonbinary persons):	
	<p>breast cancer, it is recommended that clinicians off risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, to women who are at increased risk for breast cancer and at low risk for adverse medication effects.</p> <p>Covered preventive medications require a prescription (see plan formulary for limitations)</p>
Cervical cancer screening and human papillomavirus testing	<p>For ages 21 to 29 years, screening with cervical cytology (Pap) alone every three years. For ages 30 to 65 years, screening with cervical cytology (Pap) alone every three years, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, OR every 5 years with hrHPV testing in combination with cytology (cotesting).</p>
Chlamydia screening	<p>For ages 24 years or younger, screening for sexually active women. For ages 25 years or older, screening for those who are at increased risk for infection.</p>
Contraceptive Services	<p>Food and Drug Administration (FDA)-approved contraceptives from a pharmacy and contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for females with reproductive capacity.</p> <p><i>Covered contraception methods require a prescription.</i> Coverage is for at least one form of contraception on the plan's formulary in each of these methods:</p> <ul style="list-style-type: none"> • Cervical caps • Diaphragms • Emergency contraception • Female condoms • Implantable rods • IUD with copper • IUD with progestin • Oral contraceptives (combined pill) • Oral contraceptives (extended/continuous use) • Oral contraceptives (progestin only) • Patch • Shot/injection • Spermicides • Sponges • Vaginal contraceptive rings
Diabetes screening after pregnancy	<p>For women with a history of gestational diabetes who aren't currently pregnant and</p>

Women's Health All preventive services and screenings listed above and the following recommendations. This applies to cisgender women and all other persons assigned female at birth (including transgender men and nonbinary persons):

	who haven't been diagnosed with type 2 diabetes before.
Domestic and inter-personal violence screening and counseling	For adolescents and women, screening for interpersonal and domestic violence annually.
Folic acid supplement	For those planning to or who could become pregnant take a daily supplement containing 0.4 to 0.8 mg (400 to 800 mcg) of folic acid. Covered preventive medications require a prescription (see plan formulary for limitations).
Gonorrhea screening	For ages 24 years or younger, screening for sexually active women. For ages 25 years or older, screening for those who are at increased risk for infection.
Obesity prevention	For ages 40 to 60 years with normal or overweight body mass index (BMI) (18.5–29.9 kg/m ²), counseling to maintain weight or limit weight gain to prevent obesity. Counseling may include individualized discussion of healthy eating and physical activity.
Osteoporosis screening	For ages 65 years or older or for females ages 64 years and younger who have gone through menopause and are at increased risk of osteoporosis, screening with bone measurement testing to prevent osteoporotic fractures.
Urinary incontinence screening	Annual screening.
Well-woman visits	For all women, one visit every 1-3 years to receive recommended services

Services for pregnant people All preventive services and screenings listed above and the following:

Asymptomatic bacteriuria screening	For pregnant persons, screening for asymptomatic bacteriuria using urine culture.
Breastfeeding support, supplies, and counseling	For pregnant and nursing people, lactation support and counseling from trained providers, and access to breastfeeding supplies including costs for rental or purchase of breastfeeding equipment.
Gestational diabetes screening	For pregnant people 24 weeks pregnant (or later) screening for gestational diabetes mellitus. For pregnant persons with risk

<u>Services for pregnant people</u> <i>All preventive services and screenings listed above and the following:</i>	
	factors for type 2 diabetes or GDM screening before 24 weeks of gestation.
Healthy weight and weight gain in pregnancy	For pregnant people, behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.
Hepatitis B screening	For pregnant people at the first prenatal visit.
HIV screening	For all pregnant people during each pregnancy.
Perinatal Depression Counseling	For pregnant and postpartum people, counseling interventions for those who are at increased risk of perinatal depression.
Preeclampsia screening and prevention	<p>For pregnant people, screening for hypertensive disorders with blood pressure measurements throughout pregnancy.</p> <p>For persons who are at high risk for preeclampsia, low dose aspirin as preventive medication after 12 weeks of gestation.</p> <p>Covered preventive medications require a prescription (see plan formulary for limitations)</p>
Prenatal ultrasound	One ultrasound per pregnancy.
Rh(d) incompatibility screening	For all pregnant people and follow-up testing for people at high risk.
Syphilis screening	<p>3 times during pregnancy</p> <ul style="list-style-type: none"> During first trimester <ul style="list-style-type: none"> Pregnant people who are not accessing prenatal care and have not been screened for syphilis should be tested in any health care setting Early in third trimester (28-32 weeks' gestation) <ul style="list-style-type: none"> Screening early enough in pregnancy prior to delivery to allow treatment to occur At delivery <ul style="list-style-type: none"> Including pregnant people who experience a stillbirth (fetal death after 20 weeks' gestation, or fetus weighs greater than 500g)
Tobacco use screening	For pregnant persons, ask tobacco users about tobacco use, advise them to stop

Services for pregnant people *All preventive services and screenings listed above and the following:*

using tobacco, and provide behavioral interventions for cessation.

Children's Health *Child health supervision services including pediatric preventive services, routine immunizations, developmental assessments, and laboratory services for children from birth to the end of month they turn age 21.*

Anemia screening (Iron Deficiency)	At age 12 months, a blood test measuring either hemoglobin or hematocrit is used to screen for anemia. Selective screening at doctor's discretion if positive risk assessment.
Anxiety screening	For ages 8 to 18 years
Autism screening	For ages 18 and 24 months
Behavioral/Social/Emotional screening	At each well baby/well child visit.
Critical congenital heart defect	Once at birth.
Depression and suicide risk screening	Ages 12 to 21 years, screening for major depressive disorder (MDD).
Developmental screening and surveillance	Universal screening at 9, 18 and 30 months with ongoing surveillance throughout development.
Dyslipidemia (Cholesterol) screening	For children once between 9 and 11 years and once between 17 and 21 years, and for children at high risk of lipid disorders
Fluoride supplements	For children younger than 5 years, prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride Covered preventive medications require a prescription (see plan formulary for limitations)
Fluoride varnish	For children younger than 5 years, application of fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption by primary care clinicians
Gonococcal ophthalmia neonatorum preventive medication	For newborns, prophylactic ocular topical medication to prevent gonococcal ophthalmia neonatorum (administered immediately following birth to prevent eye infection in newborns) Covered preventive medications require a prescription (see plan formulary for limitations)

Children's Health <i>Child health supervision services including pediatric preventive services, routine immunizations, developmental assessments, and laboratory services for children from birth to the end of month they turn age 21.</i>	
Hearing screening	Universal screening for newborns and ages 4 to 6 years, 8 years, 10 years and once between 3 days and two months old, 11 years to 14 years, 15 years to 17 years and 18 years to 21 years. Risk assessments for children and adolescents as recommended by their provider.
Hepatitis B screening	For adolescents at increased risk for infection.
Human Immunodeficiency Virus (HIV) screening	For ages 15-21, screening for HIV infection. Younger adolescents at increased risk for infections should also be screened.
Human Immunodeficiency Virus (HIV) prevention medication	For HIV negative adolescents who are at increased risk of HIV acquisition, it is recommended clinicians offer preexposure prophylaxis (PrEP) using effective antiretroviral therapy to decrease the risk of acquiring HIV. Covered preventive medications require a prescription (see plan formulary for limitations).
Iron supplements	Ages 6 to 12 months at risk for iron deficiency. Covered preventive medications require a prescription (see plan formulary for limitations).
Lead screening	Universal screening at 12 and 24 months for children at high risk. Risk assessment for lead exposure between 6-12 months, 18-24 months and between 3-6 years.
Maternal depression screening	For postpartum people, screening preformed at 1, 2, 4 and 6 months well-baby visits
Measurements	<ul style="list-style-type: none"> Blood pressure Head circumference Length, height, weight Weight for length Body mass index <p>Universal screening through age 21 for everything except head circumference, which ends at age 2, weight for length, which ends at 18 months, and blood pressure which begins at age 3 with selective screening before if positive risk assessment.</p>
Medical history	At each well baby/well child visit.
Newborn blood screening	For newborns, blood screening including: <ul style="list-style-type: none"> • bilirubin • hemoglobinopathies or sickle cell • hypothyroidism • phenylketonuria (PKU)

Children’s Health <i>Child health supervision services including pediatric preventive services, routine immunizations, developmental assessments, and laboratory services for children from birth to the end of month they turn age 21.</i>		
Obesity screening and counseling	For children and adolescents 6 years or older with a high body mass index (BMI) (≥95th percentile for age and sex).	
Oral health risk assessment	Screening for ages 6 and 9 months and selective screening through age 6.	
Psychosocial/behavioral assessment	Psychosocial/behavioral assessment at your doctor’s discretion.	
Routine vision eye exam	For ages 18 and under, one per year	
Sexually transmitted infection (STI) prevention counseling	Behavioral counseling for sexually active adolescents who are at increased risk for sexually transmitted infections (STI).	
Skin cancer prevention counseling	For adolescents and adults up to age 24 with fair skin types, counseling to minimize exposure to ultraviolet (UV) radiation to reduce the risk of skin cancer.	
Tobacco, alcohol, or drug use assessments	For ages 11 to 21 years during each visit. Counseling to those at risk.	
Tuberculosis testing	At your doctor’s discretion for children at high risk.	
Vision screening (Snellen eye chart)	For ages 3 to 6 years and 8, 10, 12 and 15 years, universal screening. Risk assessments for children and adolescents as recommended by their provider.	
Well-baby and well-child visits	For children to receive recommended services	
	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 1 – 2 years.
	11 – 18 years	1 visit every year.

Prior authorization
Not required

Related policies and documentation	
<i>References to other policies or documentation that may be relevant to this policy</i>	
Policy Number	Policy Description
CP-IFP21-012A	Colon Cancer Tests
CP-IFP23-034A	Maternity Services

References and source documents
<i>Links to the UCare contracts, Center for Medicare, and Medical Assistance (Medicaid) MHCP, Minnesota statute and other relevant documents used to create this policy</i>
Individual and Family Plan (IFP) member benefits
Individual and Family Plan (IFP) Formulary
Individual and Family Plan (IFP) Preventive Health Care Guidelines
Preventive health services under the Affordable Care Act (ACA)
United States Preventive Services Task Force (USPSTF) A & B recommendations
Bright Futures
Advisory Committee on Immunization Practice (ACIP)
Affordable Care Act (ACA) Essential Health Benefits
Minnesota Statute COVERAGE FOR DIAGNOSTIC PROCEDURES FOR CANCER
Syphilis Information for Health Professionals - MN Dept. of Health (state.mn.us)
Newborn Screening Information for Providers - MN Dept. of Health (state.mn.us)

Coverage policy development and revision history		
Version	Date	Note(s)
V1		New policy
V2	Nov.30, 2022	Annual review; updated version of coverage policy to Policy number: CP- IFP21-013B ; Updated USPSTF preventive guidelines regarding aspirin use for cardiovascular risk. USPSTF downgraded recommendation to "C"; gender neutral language change; change in recommendation to add MMR post - delivery; removal of Covid-19 paragraph
V3	Oct. 29, 2023	Annual review; Added USPSTF preventive guideline for Anxiety Screening; Updated minimum age USPSTF preventive guideline for Depression Screening; Removed Vitamin D use from Falls Prevention guidance; Added "some additional diagnostic services or testing when necessary" per state statute to screening mammography guideline. Added COVID-19 and RSV vaccination information per updated ACIP recommendations; Updated statin preventive medication to indicate this is for the primary prevention of cardiovascular disease.

Coverage policy development and revision history		
Version	Date	Note(s)
V4	April 1, 2024	Added suicide risk screening to depression screening guideline for people ages 18 and older; Cervical cancer screening section-added HPV screening to section heading; Pregnant people-increased frequency of syphilis screening to 3 times based on MDH guidance; Children's Health-added age of 8 to 18 to anxiety screening, depression screening at age 12; Added all newborn screenings to PKU screening; In examples of services subject to cost share-added "even if these tests are done during a wellness visit in the absence of symptoms" to sentence regarding routine lab panels.
V5	Oct. 15, 2024	Annual review: Formatting enhanced to be more clear and reader friendly.
	April 16, 2025	March 2025, DHS guideline requirement