

## PREVENTIVE BENEFITS SCHEDULE

### CITY OF MESA

**Effective 1/11/11**, the following preventive services will be covered at 100%, no annual or maximum lifetime limit, deductible, co-insurance, or copay. This schedule of benefits is based on those recommended by the Center for Communicable Disease and other federal agencies. Because the federal government has not yet issued all of its regulations regarding these issues, some specifics are not yet available.

#### Children

##### **Recommended Immunization Schedule for Persons Aged 0 through 6 Years:**

[http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_0-6yrs-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_0-6yrs-schedule-pr.pdf)

##### **Recommended Immunization Schedule for Persons Aged 7 through 18 Years:**

[http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_7-18yrs-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_7-18yrs-schedule-pr.pdf)

##### **Catch up Immunization Schedule for Persons Aged 4 months through 18 Years**

##### **Who Start Late or who Are More than 1 Month Behind**

[http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10\\_catchup-schedule-pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_catchup-schedule-pr.pdf)

SCREENING/RISK ASSESSMENT	FREQUENCY	AGES
Medical History	Annual	0 – 21
Body Mass Index	Annually	2 – 21
Blood Pressure	Annually	0 – 30 mos, risk assessment every 2 -3 mos.; 3 years – 21 years, annually

<b>Developmental Screening</b>	As indicated	9, 18, and 30 months
<b>Autism Screening</b>	As indicated	18 and 24 months
<b>Developmental Surveillance</b>	As indicated to 24 months, then annually to 21	0-6 months; 12, 15, and 24 months; than annually to 21 years
<b>Psychosocial/Behavioral Assessment</b>	Annually	0 – 21
<b>Alcohol and Drug Use Assessment</b>	Annually	11 – 21
<b>Newborn Metabolic/ Hemoglobin Screening</b>	One time	Prefer 3 to 5 days, but by 3 months
<b>Hematocrit or Hemoglobin</b>	At 12 months	Risk assessment at 4 mos.; 18 mos.; 24 mos.; and annually 3 – 21
<b>Lead Screening</b>	At 12 and 24 months	Risk assessment at 6, 9, and 18 mos.; then

		annually, 3 – 6 years
<b>Tuberculin Test</b>	As indicated	Risk assessment at 1, 6, 12, 18, and 24 months; annually, 3 – 21 years
<b>Dyslipidemia Screening</b>	As indicated	Risk assessment at 2, 4, 6, and 8 years; annually, 10 – 17 years; at 20 years
<b>Sexually Transmitted Infections Screening and Counseling</b>	Annually	Risk assessment 11 – 21 years
<b>Screening for HIV</b>	As clinically indicated by risk factors	Adolescents at increased risk
<b>Cervical Dysplasia Screening</b>	Annually	RA 11 – 21 years
<b>Age Appropriate Anticipatory Guidance (per Bright Futures Guidelines)</b>	Annually	0 – 21 years; also at 1, 2, 4, 6, 9, 15, 18, and 30 months

<b>Prophylactic Medication for Gonorrhea</b>	One time	Newborns
<b>Screening for Hearing Loss</b>	One time	Newborns
<b>Screening for Hemoglobinopathies</b>	One time	Newborns
<b>Screening for Congenital Hypothyroidism</b>	One time	Newborns
<b>Iron Supplementation</b>	As clinically indicated / Regulations Pending	Asymptomatic at increased risk 6 to 12
<b>Screening and Counseling for Obesity</b>	As clinically indicated / regulations pending	6 years and older
<b>Screening for PKU</b>	One time	Newborns
<b>Quadrivalent HPV Vaccination</b>	One time (3 doses)	9 – 21 years

### Adults 21+ Years

Recommended Adult Immunization Schedule

<http://www.cdc.gov/vaccines/recs/schedules/downloads/adult/2010/adult-schedule.pdf>

<b>Screening for Abdominal Aortic Aneurysm</b>	One- time	Men aged 65 to 75 who have ever smoked
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<b>Screening and Counseling to Reduce Alcohol Misuse (in primary care settings)</b>	Annually/ regulations pending	21+
<b>Aspirin to Prevent CVD</b>	As clinically indicated / regulations pending	Men 45 to 79
<b>Aspirin to Prevent CVD</b>	As clinically indicated / regulations pending	Women 55 to 79
<b>Screening for Bacteriuria</b>	12 to 16 weeks' gestation	Pregnant Women
<b>Screening for High Blood Pressure</b>	Annually/regulations pending	21+
<b>Genetic Counseling and Evaluation for BRCA Testing</b>	As indicated by family history	Women
<b>Chemoprevention of Breast Cancer</b>	As clinically indicated / regulations pending	Women at high risk for breast cancer
<b>Interventions to Support Breast Feeding</b>	During pregnancy and after birth	Women
<b>Screening for Cervical Cancer</b>	Annually/ regulations pending	Women who have been sexually active and have a

		cervix
<b>Screening for Chlamydial Infection</b>	As clinically indicated / regulations pending	Women aged 24 and younger and for older women who are at increased risk.
<b>Screening for Cholesterol Abnormalities</b>	As clinically indicated / regulations pending	Men aged 20 to 35 if increased risk for coronary heart disease; all men aged 35+; women aged 20+ if increased risk for coronary heart disease
<b>Screening for Colorectal Cancer - Colonoscopy</b>	Every 10 years	Beginning at age 50
<b>Screening for Depression (mental health)</b>	As clinically indicated / regulations pending	21+
<b>Screening for Major Depressive Disorder (mental health)</b>	As clinically indicated / Regulations Pending	12 – 18 years
<b>Screening for Type 2 Diabetes</b>	As clinically indicated / Regulations Pending	Asymptomatic adults with sustained blood pressure >

		135/80
<b>Counseling for a Healthy Diet</b>	As clinically indicated / Regulations Pending	Adult patients with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease
<b>Supplementation with 0.4 to 0.8 mg Folic Acid</b>	Daily	Women planning or capable of pregnancy
<b>Screening for Gonorrhea</b>	As clinically indicated by risk factors	Sexually active women, including those who are pregnant
<b>Screening for Hepatitis B</b>	At first prenatal visit	Pregnant women
<b>Screening for HIV</b>	As clinically indicated by risk factors	Adults at increased risk
<b>Screening for Iron Deficiency Anemia</b>	As clinically indicated / regulations pending	Asymptomatic pregnant women

<b>Screening and Counseling for Obesity</b>	As clinically indicated / regulations pending	21+ years
<b>Screening for Osteoporosis</b>	As clinically indicated / regulations pending	Women at age if increased risk; all women aged 65 and older
<b>Screening for Rh Incompatibility</b>	First pregnancy visit	Pregnant women
<b>Screening for Rh Incompatibility: 24-28 Weeks Gestation</b>	Repeated at 24 – 26 weeks gestation unless the biological father is known to be Rh (D)-negative	Unsensitized Rh (D)-negative women
<b>Counseling for Sexually Transmitted Infections</b>	Annually	Adults at increased risk for STIs.
<b>Screening for Syphilis</b>	As clinically indicated / regulations pending	Adults at increased risk; all pregnant women
<b>Counseling for Tobacco Use</b>	As clinically indicated / regulations pending	Adults who use tobacco products
<b>Augmented, Pregnancy-tailored</b>	As clinically indicated /	Pregnant

<b>Counseling for Tobacco Use</b>	regulations pending	women
<b>Meningococcal Vaccination</b>	As clinically indicated / regulations pending	As clinically indicated / regulations pending
<b>Quadrivalent HPV Immunization</b>	One time (3 doses)	2 – 26 years
<b>Influenza Immunization</b>	Annual	19 to 49 years