

Preventive Services Guide

Humana makes it easier than ever to get the preventive services you need to maintain your overall health. As part of healthcare reform, and depending on your Humana health plan, a range of preventive services will be available to you at no cost! The services listed here will be covered **100 percent** as part of preventive care. That means no copayments, coinsurance or deductibles when services are performed by providers in the Humana network. Also, it's important to note that you won't have to pay out-of-pocket for these services unless you get them as part of a visit to diagnose, monitor or treat an illness or injury.

Remember, preventive care keeps you healthy, prevents illness, and detects diseases in the early stages - when easier to treat.

Adult Preventive Services

Preventive office visits are covered, as well as the screenings, immunizations, and counseling listed.

Screenings

Abdominal Aortic Aneurysm - one-time screening for men of specified ages who have ever smoked

Alcohol Misuse - screening and counseling

Aspirin - screening for appropriate use for men and women of certain ages

Blood Pressure - screening for all adults

Cholesterol - screening for adults of certain ages or at higher risk

Colorectal Cancer - screening for adults over 50

Depression - screening for adults

Type 2 Diabetes - screening for adults with high blood pressure

HIV - screening for all adults at higher risk

Obesity - screening and counseling for all adults

Syphilis - screening for all adults at higher risk

Tobacco Use - screening for all adults and cessation interventions for tobacco users

Immunizations (vaccines for adults – doses, recommended ages, and recommended populations vary):

Hepatitis A

Hepatitis B

Herpes Zoster

Human Papillomavirus (HPV) - women only

Influenza

Measels, Mumps, Rubella

Meningococcal

Pneumococcal

Tetanus, Diphtheria, Pertussis

Varicella

Counseling

Diet - counseling for adults at higher risk for chronic disease

Sexually Transmitted Infection (STI) - prevention counseling for adults at higher risk

Refer to your certificate of coverage for details about all the covered services and benefits levels.

This document is designed to provide a general overview of the health reform law. It does NOT attempt to cover all of the law's provisions and should NOT be used as legal advice for implementation activities. We encourage you to seek any professional advice, including legal counsel, regarding how the new requirements will affect your specific plan. For complete details, refer to your plan's Certificate of Coverage.

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Women Preventive Services (includes pregnant women)

Preventive office visits are covered, as well as the screenings, and counseling listed.

Screenings

- Anemia** - screening on a routine basis for pregnant women
- Bacteriuria** - urinary tract or other infection screening for pregnant women
- Breast Cancer Mammography** - screenings every 1 to 2 years for women over 40
- Cervical Cancer** - screening for sexually active women
- Chlamydia Infection** - screening for younger women and other women at higher risk
- Gonorrhea** - screening for all women at higher risk
- Hepatitis B** - screening for pregnant women at their first prenatal visit
- Osteoporosis** - screening for women over age 60 depending on risk factors
- Rh Incompatibility** - screening for all pregnant women and follow-up testing for women at higher risk
- Syphilis** - screening for all pregnant women or other women at increased risk
- Tobacco Use** - screening and interventions for all women, and expanded counseling for pregnant tobacco users
- Folic Acid** - screening for appropriate use of folic acid supplements for women who may become pregnant

Counseling

- BRCA** - counseling about genetic testing for women at higher risk
- Breast Cancer Chemoprevention** - counseling for women at higher risk for breast cancer
- Breast Feeding** - interventions to support and promote breast feeding

Child Preventive Services

Preventive office visits are covered, as well as the screenings, immunizations, counseling, and supplements listed.

Screenings

- Alcohol and Drug Use** - assessments for adolescents
- Autism** - screening for children at 18 and 24 months
- Behavioral** - assessments for children of all ages
- Cervical Dysplasia** - screening for sexually active female adolescents
- Congenital Hypothyroidism** - screening for newborns
- Developmental** - screening for children under age 3, and surveillance throughout childhood
- Dyslipidemia** - screening for children at higher risk of lipid disorders
- Gonorrhea** - preventive medication for the eyes of all newborns
- Hearing** - screening for all newborns
- Height, Weight and Body Mass Index** - measurements for children
- Hematocrit or Hemoglobin** - screening for children
- Hemoglobinopathies** - sickle cell screening for newborns
- HIV** - screening for adolescents at higher risk
- Lead** - screening for children at risk of exposure
- Medical History** - for all children throughout development
- Obesity** - screening and counseling
- Oral Health** - risk assessment for young children
- Phenylketonuria (PKU)** - screening for this genetic disorder in newborns
- Tuberculin** - testing for children at higher risk of tuberculosis
- Vision** - screening for all children
- Iron** - screening for appropriate use of iron supplements for children ages 6 to 12 months at risk for anemia

Immunizations (vaccines for children from birth to age 18 - doses, ages, and populations vary):

- Diphtheria, Tetanus, Pertussis**
- Haemophilus influenzae type b**
- Hepatitis A**
- Hepatitis B**
- Human Papillomavirus (HPV)** - females only
- Inactivated Poliovirus**
- Influenza**
- Measles, Mumps, Rubella**
- Meningococcal**
- Pneumococcal**
- Rotavirus**
- Varicella**

Counseling

- Sexually Transmitted Infection (STI)** - prevention counseling for adolescents at higher risk

Supplements

- Fluoride Chemoprevention** - supplements for children without fluoride in their water sources

Refer to your certificate of coverage for details about all the covered services and benefits levels.