
What does preventive care mean?

Preventive care is routine healthcare that's meant to help you stay healthy. When you schedule regular appointments and screenings, it can help you manage and maintain your health.

Preventive care is generally focused on the following:

- ✓ Evaluating your health when you are symptom-free
- ✓ Offering routine checkups and screenings
- ✓ Decreasing the risk of developing health issues even if you are in the best shape of your life

Is preventive care free?

Most health plans are required by law to cover eligible preventive care services at 100%. This includes the Coupe medical plan. Your doctor must also be in-network in order to be fully covered.



Why is preventive care important?

- ✓ Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment
- ✓ Helping prevent disease and detecting health issues at an early stage is essential to living a healthier life
- ✓ Following preventive guidelines – and your doctor's advice – may help you stay healthier

What preventive care services are covered?

In order to prevent illness and disease as well as minimize healthcare costs, the Coupe Health plan covers a list of preventive services at no out-of-pocket cost to members. That means no copayments, coinsurance, or deductibles. This applies only when these services are delivered by an in-network provider.

Preventive care services covered at 100% include:

Adults

1. **Abdominal Aortic Aneurysm** one-time screening for men of specified ages who have ever smoked
2. **Alcohol Misuse** screening and counseling
3. **Aspirin** use to prevent cardiovascular disease for men and women of certain ages
4. **Blood Pressure Monitor** one monitoring device per member age 18 and older
5. **Blood Pressure Screening** for all adults
6. **Cholesterol Screening** for adults of certain ages or at higher risk
7. **Colorectal Cancer Screening** for adults over 50
8. **Depression Screening** for adults
9. **Diabetes (Type 2) Screening** for adults with high blood pressure
10. **Diet Counseling** for adults at higher risk for chronic disease
11. **Falls Prevention** (with exercise or physical therapy and vitamin D use) for adults 65 years and older, living in a community setting
12. **Hepatitis B Screening** for people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S. – born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
13. **Hepatitis C Screening** for adults at increased risk, and one time for everyone born 1945 - 1965
14. **HIV** screening for everyone ages 15 to 65, and other ages at increased risk



15. PrEP (pre-exposure prophylaxis) HIV Prevention Medication for HIV-negative women at high risk for getting HIV through sex or injection drug use

16. Immunization vaccines for adults – doses, recommended ages, and recommended populations vary:

- a. Chickenpox (Varicella)
- b. COVID-19
- c. Diphtheria, Tetanus, Pertussis (Whooping Cough) (Tdap or Td)
- d. Hepatitis A & B
- e. Human Papillomavirus (HPV)
- f. Influenza (Flu Shot)
- g. Measles, Mumps Rubella (MMR)
- h. Meningococcal
- i. Pneumococcal
- j. Shingles

17. Lung Cancer Screening for adults 55-80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years

18. Obesity screening and counseling for all adults

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

20. Statin Preventive Medication for adults 40 to 75 at high risk

21. Syphilis screening for all adults at higher risk

22. Tobacco Use Screening for all adults and cessation interventions for tobacco users

23. Tuberculosis Screening for certain adults without symptoms at high risk



Women (including pregnant women)

1. **Breastfeeding** comprehensive support and counseling from trained providers and access to breastfeeding supplies for pregnant and nursing women
2. **Contraception** Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a healthcare provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt “religious employers.”
 - a. Barrier methods, like diaphragms and sponges
 - b. Hormonal methods, like birth control pills and vaginal rings
 - c. Implanted devices, like intrauterine device (IUDs)
 - d. Emergency contraception, like Plan B[®] and Ella[®]
 - e. Sterilization procedures
 - f. Patient education and counseling

Plans are not required to cover drugs to induce abortions and services for male reproductive capacity, like vasectomies.
3. **Folic Acid Supplements** for women who may become pregnant
4. **Gestational Diabetes Screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
5. **Diabetes Screening** for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before
6. **Gonorrhea Screening** for all women at higher risk
7. **Hepatitis B Screening** for pregnant women at their first prenatal visit
8. **Maternal Depression Screening for Mothers at Well-Baby Visits**
9. **Preeclampsia Prevention and Screening** for pregnant women with high blood pressure
10. **Rh Incompatibility** screening for all pregnant women and follow-up testing for women at higher risk



11. **Syphilis** screening for all pregnant women or other women at increased risk
12. **Expanded Tobacco Intervention and Counseling** for pregnant tobacco users
13. **Urinary Tract** or other infection screening for pregnant women
14. **Bone Density Screening** for all women over age 65 or women age 64 and younger that have gone through menopause
15. **Breast Cancer Genetic Test Counseling (BRCA)** risk assessment and genetic testing for women who have family members with breast, ovarian, tubal, or peritoneal cancer
16. **Breast Cancer Mammography Screenings**
 - a. Every 2 years for women over 50
 - b. As recommended by a provider for women 40-49
 - c. Women at higher risk for breast cancer
17. **Breast Cancer Chemoprevention** counseling for women at higher risk
18. **Cervical Cancer** screening for sexually active women. Pap test (also called a Pap smear) every 3 years for women 21-65; Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30-65 who don't want a Pap smear every 3 years.
19. **Chlamydia** infection screening for younger women and women at higher risk
20. **HIV Screening and Counseling** for everyone age 15 to 65, and other ages at increased risk
21. **Osteoporosis** depending on risk factors
22. **PrEP (pre-exposure prophylaxis) HIV Prevention Medication** for HIV-negative women at high risk for getting HIV through sex or injection drug use
23. **Sexually Transmitted Infections Counseling** for sexually active women
24. **Domestic and Interpersonal Violence** screening and counseling for all women
25. **Tobacco Use** screening and interventions
26. **Urinary Incontinence Screening** for women yearly
27. **Well-Woman Visits** to get recommended services for women under 65



Children

1. **Alcohol, Tobacco, and Drug Use** assessments for adolescents
2. **Anxiety** screening for adolescents
3. **Autism** screening for children at 18 and 24 months
4. **Behavioral Assessments** for children at the following ages: 0-17 years
5. **Bilirubin Concentration Screening** for newborns
6. **Blood Pressure** screening for children at the following ages: 0-17 years
7. **Blood Screening** for newborns
8. **Depression** screening for adolescents
9. **Developmental** screening for children under age 3
10. **Dyslipidemia** screening for children at higher risk of lipid disorders at the following ages: once between 9-11 years and once between 17-21 years
11. **Fluoride** supplements for children without fluoride in their water source
12. **Fluoride Varnish** for all infants and children as soon as teeth are present
13. **Gonorrhea** preventive medication for the eyes of all newborns
14. **Hearing** screening for all newborns and for children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years
15. **Height, Weight, and Body Mass Index** measurements for children at the following ages: 0-11 months and 1-17 years
16. **Hematocrit or Hemoglobin** screening for children
17. **Hemoglobinopathies or Sickle Cell** screening for newborns
18. **Hepatitis B Screening** for adolescents at high risk, including adolescents from countries with 2% or more Hepatitis B prevalence, and U.S.-born adolescents not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence: 11-17 years
19. **HIV** screening for adolescents at higher risk
20. **Hypothyroidism** screening for newborns
21. **PrEP (pre-exposure prophylaxis) HIV Prevention Medication** for HIV-negative adolescents at high risk for getting HIV through sex or injection drug use



22. Immunization Vaccines for children from birth to age 18 – doses, recommended ages, and recommended populations vary:

- a. Chickenpox (Varicella)
- b. Diphtheria, Tetanus, and Pertussis (Whooping Cough) (DTap)
- c. Hemophilus Influenza Type B
- d. Hepatitis A & B
- e. Human Papillomavirus (HPV)
- f. Inactivated Poliovirus
- g. Influenza (Flu Shot)
- h. Measles, Mumps, Rubella (MMR)
- i. Meningococcal
- j. Pneumococcal
- k. Rotavirus

23. Lead Screening for children at risk of exposure

24. Maternal Depression Screening for infants at 1,2,4 and 6-month visits

25. Obesity screening and counseling

26. Oral Health Risk assessment for young children ages 0-17 years

27. Phenylketonuria (PKU) screening for this genetic disorder in newborns

28. Sexually Transmitted Infection (STI) prevention counseling and screening for adolescents at higher risk

29. Syphilis

30. Tuberculin testing for children at higher risk of tuberculosis at the following ages:

0 to 11 months and 1 to 17 years

31. Vision screening for all children

32. Well-Baby and Well-Child Visits 3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months, and annually 1 to 17 years