



How to Keep Healthy and Keep More Money in Your Pocket

Effective January 1, 2013

As a Blue Cross Blue Shield of Massachusetts member, you can receive certain preventive services without a copayment, co-insurance, or deductible. So there is no additional cost for services that help you and your covered family members stay healthy—as long as you receive care from a in-network doctor or hospital. You'll find a complete list of preventive services for adults and children in the following charts.

Preventive Services with No Cost Share for Adults Including Women's Preventive Services (Age 19 and Older)

Screenings, Tests, and Procedures	Counseling Services	Pharmacy Services, ¹ Immunizations, ² and Supplies
<ul style="list-style-type: none"> Blood pressure Depression Cholesterol Colonoscopies and sigmoidoscopies <p>Males:</p> <ul style="list-style-type: none"> Abdominal aortic aneurysm, for males older than 65–75 (once per lifetime) <p>Females:</p> <ul style="list-style-type: none"> Breast cancer mammography (at least one baseline mammogram during the 5-year period in which a member is age 35 through 39 and one mammogram for each member in each calendar year for a member age 40 or older) Cervical cancer, including pap smears (one per calendar year) Chlamydial infection Osteoporosis, for women age 60 and older (one per calendar year) Domestic violence³ Voluntary sterilization procedures³ Human papillomavirus (HPV) DNA testing² <p>Prenatal:</p> <ul style="list-style-type: none"> Bacteriuria (pregnant women at 12 weeks or first prenatal visit) RH incompatibility (first pregnancy visit and at 24–28 weeks gestation) Screening for gestational diabetes³ 	<ul style="list-style-type: none"> Diabetes in asymptomatic adults Gonorrhea Hepatitis B HIV Syphilis <ul style="list-style-type: none"> Aspirin for the prevention of heart disease Breast cancer chemoprevention Breast cancer screening Breastfeeding Alcohol misuse, includes screenings Sexually transmitted infections³ Tobacco use Obesity, includes screenings Healthy diet for hyperlipidemia/risk for diet-related chronic disease Human immunodeficiency virus (HIV)³ Contraceptive methods³ 	<p>Pharmacy Services:</p> <ul style="list-style-type: none"> Folic acid supplements for women planning or capable of pregnancy, up to age 46 Tier 1 contraceptive methods for females³ <p>Immunizations:</p> <ul style="list-style-type: none"> Hepatitis A Hepatitis B Herpes zoster Human papillomavirus Influenza Measles, mumps, rubella Meningococcal Pneumococcal Tetanus, diphtheria, pertussis Varicella <p>Supplies:</p> <ul style="list-style-type: none"> Breastfeeding support and breast pumps³ <p>Note: Check your benefit materials for more information</p>

1. A licensed clinician must prescribe these medications; this does not apply to medications available over the counter.

2. Doses, recommended ages, and recommended populations vary.

3. Service included in the Women's Preventive Health Services effective August 1, 2012.

Preventive Services with No Cost Share for Children (Birth Through 18 Years)

Screenings, Tests, and Counseling Services	Pharmacy Services ⁴	Immunizations ⁵
<ul style="list-style-type: none"> • Obesity screening and counseling • Phenylketonuria • Lead • Developmental screening • Autism screening • Developmental surveillance • Psychosocial/behavioral assessment • Alcohol and drug use assessment • Dyslipidemia • Cervical dysplasia • Tuberculin test • Hematocrit or hemoglobin • Sexually transmitted diseases <p>Newborns:</p> <ul style="list-style-type: none"> • Hearing loss, up to one year old • Congenital hypothyroidism • Sickle cell disease • Metabolic/hemoglobin <p>Adolescents:</p> <ul style="list-style-type: none"> • Depression, ages 12–18 	<ul style="list-style-type: none"> • Dental caries chemoprevention, oral fluoride, up through age five • Iron supplements for newborns, up to one year old • Prophylactic eye medication for gonorrhea, for newborns up to one year old 	<p>Ages 0–18:</p> <ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis • Hepatitis A • Hepatitis B • Inactivated poliovirus • Influenza • Measles, mumps, rubella • Meningococcal • Pneumococcal • Rotavirus • Varicella (chickenpox) <p>Ages 0–6:</p> <ul style="list-style-type: none"> • Haemophilus influenzae type B <p>Ages 7–18:</p> <ul style="list-style-type: none"> • Human papillomavirus

If you have questions regarding coverage for preventive services, please contact your account service representative or call Member Service at the number on the front of your ID card.

4. A licensed clinician must prescribe these medications; this does not apply to medications available over the counter.

5. Doses, recommended ages, and recommended populations vary.

