

Preventive Care Services

UnitedHealthcare is dedicated to helping people live healthier lives, and we encourage our members to receive age and gender appropriate preventive health services.



We encourage you to obtain preventive care services and health screenings, as appropriate for your age, to help maintain or improve your health and achieve your health and wellness goals. Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment, helping you live a healthier life.

UnitedHealthcare plans typically cover preventive services, as specified in the health care reform law,¹ at 100% without charging a copayment, coinsurance or deductible, as long as they are received in the health plan's network. UnitedHealthcare also covers other routine services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.



Talk to your doctor

Consult your doctor for your specific preventive health recommendations, as he or she is your most important source of information about your health.

Summary of preventive care services benefit

UnitedHealthcare is committed to advancing prevention and early detection of disease. The following is a high-level summary of the services covered under the preventive care services benefit shown by age/gender groups:

All members

- ▶ Preventive medicine for adults²; all standard immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC).

All members at an appropriate age and/or risk status

Screening for:

- ▶ Obesity
- ▶ Cholesterol level and lipids
- ▶ Colorectal cancer² for ages 50+
- ▶ Certain sexually transmitted diseases including HIV
- ▶ Cardiovascular Disease aspirin use counseling for ages 45+
- ▶ High blood pressure
- ▶ Diabetes for certain populations
- ▶ Tobacco use
- ▶ Diet and nutrition
- ▶ Alcohol abuse
- ▶ Depression

Women's health services effective as of 9-23-2010:

- ▶ Screening mammography (film and digital) for all adult women²
- ▶ Cervical cancer screening including Pap smears
- ▶ Genetic counseling for the BRCA breast cancer gene
- ▶ Counseling for cancer prevention strategies for women at high risk for breast cancer
- ▶ Screening for certain sexually transmitted diseases including HIV for certain populations
- ▶ Osteoporosis for certain populations²

Women's health *continued*

- ▶ Pregnant women for:
 - Iron-deficiency anemia
 - Bacteria in urine
 - Hepatitis B virus
 - Rh incompatibility
 - Counseling to promote and aid with breast feeding

The follow guidelines reflect the expanded Women's preventive health care services provided under the health reform law as of August 1, 2012.

Please note the expanded women's preventive care services become effective the first plan year beginning on or after Aug. 1, 2012. So it is important to note that your specific coverage for these services will depend on your first plan renewal date on or after Aug. 1, 2012. Please speak to your Health Benefits Administrator to confirm your specific plan coverage for:

- ▶ Yearly well-women visits
- ▶ Sexually transmitted infections counseling
- ▶ Contraception methods and counseling
- ▶ Domestic violence screening
- ▶ Gestational diabetes screening
- ▶ HIV screening and counseling
- ▶ Human papillomavirus testing (beginning at age 30, and for every 3 years thereafter)
- ▶ Breast-feeding support, supplies, including renting or purchase of specified breast feeding equipment from an approved vendor and counseling

Men's health

Screening:

- ▶ Human Papillomavirus for males age 9-26 years
- ▶ Abdominal aortic aneurysm for men 65 – 75 years old who have ever smoked

Note that the above screenings are provided with no cost sharing. Medications prescribed to treat a condition are not covered without cost-share under the preventive services benefit.¹

Children:

Services at each of these preventive visits will vary based on age, but will include some of the following:

- ▶ Measurement of your child's head size
- ▶ Measurement of length/height and weight
- ▶ Screening blood tests, if appropriate
- ▶ Providing age appropriate immunizations
- ▶ Vision screening
- ▶ Hearing screening
- ▶ Counseling on oral health
- ▶ Psychological and behavioral development assessment
- ▶ Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- ▶ Counseling for children and their parents on nutrition and exercise
- ▶ Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more.

As outlined above, many women's preventive health care services, including mammograms, screenings for cervical cancer, and immunizations, are covered with no cost sharing by UnitedHealthcare for certain health plans. And many of the new women's preventive health care services in the new guidelines for 2012 are covered today for UnitedHealthcare members; however, cost sharing usually applies.

It is our hope that during this transition period, women will not unnecessarily put off important and timely personally appropriate health services until the new guidelines become effective for their plan. Please talk with your doctor and make the health care decisions that may be right for you in managing your own health today.



To learn more about the preventive care services that may be right for you visit www.uhcpreventivecare.com.



¹ Preventive services that are covered with no cost share are those services described in the United States Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the CDC, and HRSA Guidelines for women, as well as children, including the American Academy of Pediatrics Bright Futures periodicity guidelines.

² Certain preventive care services are not currently required to be covered by the health reform law; however, various additional services are covered under UnitedHealthcare's preventive care services benefit.

The content provided is for informational purposes only, and does not constitute medical advice. Always consult your doctor before making any decisions about medical care. Certain procedures may not be fully covered under some benefit plans. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card.

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