

2026 Preventive Schedule

Effective 1/1/2026

Plan your care: Know what you need and when to get it

Preventive or routine care helps us stay well or finds problems early, when they are easier to treat. As a part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. All benefits for over-the-counter drugs and supplies must be purchased through in-network pharmacy providers in order to be covered, unless such requirement is prohibited by law. Make sure you know what is covered by your health plan and any requirements before you receive any services. Recommended annual services are based on a calendar year, which resets on January 1 of every year.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for your age, gender, and family history. CHIP members may have additional preventive services and coverage. Please check the CHIP member booklet for further details of CHIP coverage of preventive services.

Questions?



Call Member Service



Ask your doctor



Log in to your account

Adults: Ages 19+



Female



Male

GENERAL HEALTH CARE

	Routine Checkup* (This exam is not the work- or school-related physical)	<ul style="list-style-type: none">• Ages 19 – 49: Every one to two years• Ages 50 and older: Once a year
	Behavioral Health Well Check (Delaware State Law)	Once a year visit with a licensed mental health clinician with at minimum a master's level degree.
	Depression Screening and Anxiety Screening	Once a year
	Illicit Drug-Use Screening	Once a year
	Pelvic and Breast Exam	Once in a benefit plan year

SCREENINGS/PROCEDURES

	Abdominal Aortic Aneurysm Screening	Ages 65 – 75 who have ever smoked: One-time screening
	Ambulatory Blood Pressure Monitoring	To confirm new diagnosis of high blood pressure before starting treatment
	Breast Cancer Genetic (BRCA) Screening	Those meeting specific high-risk criteria: One-time genetic assessment for breast and ovarian cancer risk
	Breast Cancer Genetic (BRCA) Risk Assessment	Effective 8/1/2020: Covered as preventive screening
	Cholesterol (Lipid) Screening	<ul style="list-style-type: none">• Ages 20 and older: Once every five years• High-risk: More often
	Colon Cancer Screening (Including colonoscopy)	<ul style="list-style-type: none">• Every one to 10 years, depending on screening test• High-risk: Earlier or more frequently
	Colon Cancer Screening	Colonoscopy following a positive result obtained within one year by other mandated screening method

* Routine checkup could include health history; physical; height, weight, and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer, and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; age-appropriate guidance, and intimate partner violence screening and counseling for reproductive age women.

* USPSTF-mandated routine labs

SCREENINGS/PROCEDURES	
 Diabetes Screening	High-risk: Ages 35 and older, once every three years
 Hepatitis B Screening	<ul style="list-style-type: none"> Once per lifetime for adults High-risk: More often
 Hepatitis C Screening	High-risk
 Latent Tuberculosis Screening	High-risk
 Lung Cancer Screening (Requires use of authorized facility)	Ages 50 – 80 with 20-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years
 Mammogram (2D and 3D)	<ul style="list-style-type: none"> Ages 40 and older: Once in a benefit plan year; baseline mammogram can be performed on women ages 35 to 39 based on Delaware state mandate Annual screening follow up MRI or Ultrasound per doctor's advice
 Osteoporosis (Bone Mineral Density) Screening	Ages 65 and older: Once every two years, or younger if at risk as recommended by physician
 Ovarian Cancer Screening (Delaware State Law)	<ul style="list-style-type: none"> High risk, without cancer diagnosis: Twice a year <ul style="list-style-type: none"> Certain screening labs, tumor marker tests, transvaginal ultrasound, pelvic exam
 Cervical Cancer Screening	<ul style="list-style-type: none"> Ages 21 – 65 Pap: Every three years, or annually, per doctor's advice Ages 30 – 65: Every five years if HPV only or combined Pap and HPV are negative Ages 65 and older: Per doctor's advice
 Prostate Cancer Screening	Talk to your health care provider to determine if a prostate screening is recommended
 Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV, and Syphilis)	<ul style="list-style-type: none"> Sexually active males and females HIV screening for adults to age 65 in the general population and those at risk, then screening over age 65 with risk factors
IMMUNIZATIONS**	
 Chicken Pox (Varicella)	Adults with no history of chicken pox: One two-dose series
 COVID-19 Vaccine	Per doctor's advice following CDC and Emergency Use Authorization Guidelines
 Diphtheria, Tetanus (Td/Tdap)	One dose Tdap, then Td or Tdap booster every 10 years
 Flu (Influenza)	Every year (Must get at your PCP's office or designated pharmacy vaccination provider; call Member Service to verify that your vaccination provider is in the Highmark network)
 Haemophilus Influenzae Type B (Hib)	For adults with certain medical conditions to prevent meningitis, pneumonia, and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine
 Hepatitis A	At-risk or per doctor's advice: One two- or three-dose series
 Hepatitis B	At-risk or per doctor's advice: One two- or three-dose series
 Human Papillomavirus (HPV)	<ul style="list-style-type: none"> To age 19: One three-dose series Ages 27 – 45, at-risk or per doctor's advice

* Meningococcal B vaccine per doctor's advice.

** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

IMMUNIZATIONS**		
 IPV Polio Vaccine		Adults never vaccinated or with incomplete vaccination
 Measles, Mumps, Rubella (MMR)		One or two doses
 Meningitis*		At-risk or per doctor's advice
 Monkeypox Vaccine		Ages 18 and older
 Pneumonia		High-risk or ages 65 and older: One or two doses, per lifetime
 RSV Vaccine		Ages 50 – 74
 Shingles		Shingrix*** — Ages 50 and older: Two doses
PREVENTIVE DRUG MEASURES THAT REQUIRE A DOCTOR'S PRESCRIPTION		
 Apretude for Prevention of HIV Infection	<ul style="list-style-type: none"> Adults at risk for HIV infection, without an HIV diagnosis Please refer to your CVS Caremark Preventive Schedule for more information on the oral PrEP**** 	

* Meningococcal B vaccine per doctor's advice.

** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

*** Shingrix, one of the approved Shingles vaccines, is covered according to your plan wide benefits, not at 100%.

**** The State of Delaware contracts directly with CVS Caremark. CVS Caremark does not provide Blue Cross and/or Blue Shield products or services and is solely responsible for the products or services it provides.

PREVENTIVE CARE FOR PREGNANT WOMEN

	Screenings and Procedures	<ul style="list-style-type: none"> Gestational diabetes screening Hepatitis B screening and immunization, if needed HIV screening Syphilis screening Smoking cessation counseling Depression screening and anxiety screening during pregnancy and postpartum Depression prevention counseling during pregnancy and postpartum Postpartum diabetes screening for those with gestational diabetes Rh typing at first visit Rh antibody testing for Rh-negative women RSV vaccine per CDC guidelines Tdap with every pregnancy Urine culture and sensitivity at first visit Alcohol misuse screening and counseling Nutritional counseling for pregnant women to promote healthy weight during the pregnancy
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PREVENTION OF OBESITY, HEART DISEASE, DIABETES, AND STROKE

	Adults with BMI 25 to 29.9 (overweight) and 30 to 39.9 (obese) are eligible for:	<ul style="list-style-type: none"> Additional annual preventive office visits specifically for obesity and blood pressure measurement Additional nutritional counseling visits specifically for obesity Recommended lab tests: <ul style="list-style-type: none"> ALT AST Hemoglobin A1c or fasting glucose Cholesterol screening
	Adults with a diagnosis of Hypertension, High Blood Pressure, Dyslipidemia, or Metabolic Syndrome	Nutritional counseling
	Adults with BMI 40 and over	Nutritional counseling and fasting glucose screening

ADULT DIABETES PREVENTION PROGRAM (DPP)

	Applies to Adults To find out more about this program and eligibility criteria, click on the following link: myhighmark.com	Enrollment in either the onsite YMCA or Livongo's online lifestyle change Diabetes Prevention Programs for weight loss.
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2026 Preventive Schedule

Plan your child's care: Know what your child needs and when to get it

Preventive or routine care helps your child stay well or finds problems early, when they are easier to treat. Most of these services may not have cost sharing if you use the plan's in-network providers. Make sure you know what is covered by your health plan and any requirements before you schedule any services for your child.

Services include Bright Futures recommendations. CHIP members may have additional preventive services and coverage. Please check the CHIP member booklet for further details of CHIP coverage of preventive services.

It's important to talk with your child's doctor. The frequency of services, and schedule of screenings and immunizations, depends on what the doctor thinks is right for your child.

Questions?



Call Member Service



Ask your doctor



Log in to your account

Children: Birth to 30 Months¹

GENERAL HEALTH CARE	BIRTH	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M
Routine Checkup* (This exam is not the preschool- or day care-related physical.)	●	●	●	●	●	●	●	●	●	●	●
Behavioral Health Well Check (Delaware State Law)	Once a year visit with a licensed mental health clinician with at minimum a master's level degree.										
Hearing Screening	●										
SCREENINGS											
Autism Screening									●	●	
Critical Congenital Heart Disease (CCHD) Screening With Pulse Oximetry	●										
Developmental Screening						●		●			●
Hematocrit or Hemoglobin Anemia Screening							●				
Hepatitis C Screening											
Lead Screening**							●			●	
Newborn Blood Screening and Bilirubin	●										
IMMUNIZATIONS											
Chicken Pox								Dose 1			
COVID-19 Vaccine	Per doctor's advice following CDC and Emergency Use Authorization Guidelines										
Diphtheria, Tetanus, Pertussis (DTaP)			Dose 1	Dose 2	Dose 3			Dose 4			
Flu (Influenza)***											
Haemophilus Influenzae Type B (Hib)		Dose 1	Dose 2	Dose 3			Dose 3 or 4				
Hepatitis A								Dose 1		Dose 2	
Hepatitis B	Dose 1	Dose 2			Dose 3						
Measles, Mumps, Rubella (MMR)			Dose 1	Dose 2	Dose 3			Dose 1			
Pneumonia			Dose 1	Dose 2	Dose 3			Dose 4			
Polio (IPV)			Dose 1	Dose 2							
Rotavirus			Dose 1	Dose 2	Dose 3						
RSV Vaccine	Per MD recommendation following CDC guidelines										

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. Additional: Instrument vision screening to assess risk for ages 1 and 2 years.

** Per Bright Futures. Refer to state-specific recommendations as needed.

*** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

Children: 3 Years to 18 Years¹

GENERAL HEALTH CARE	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y
Routine Checkup* (This exam is not the preschool- or day care-related physical)	●	●	●	●	●	●	●	●	Once a year from ages 11 – 18			
Ambulatory Blood Pressure Monitoring**												●
Anxiety Screening									Once a year from ages 8 – 18			
Behavioral Health Well Check (Delaware State Law)									Once a year visit with a licensed mental health clinician with at minimum a master's level degree.			
Depression Screening											Once in a benefit plan year from ages 11 to 18	
Illicit Drug-Use Screening												●
Hearing Screening***		●	●	●	●	●		●		●	●	●
Visual Screening***	●	●	●	●		●	●	●	●	●	●	
SCREENINGS												
Hematocrit or Hemoglobin Anemia Screening									Annually for females during adolescence and when indicated			
Lead Screening									When indicated (Please also refer to your state-specific recommendations)			
Cholesterol (Lipid) Screening									Once between ages 9 – 11 and ages 17 – 21			
IMMUNIZATIONS												
Chicken Pox												
COVID-19 Vaccine									Per doctor's advice following CDC and Emergency Use Authorization Guidelines			
Dengue Vaccine									9 – 16 years living in dengue endemic areas in U.S. Territories AND have laboratory confirmation of previous dengue infection			
Diphtheria, Tetanus, Pertussis (DTaP)										One dose Tdap		
Flu (Influenza)****									Ages 3 – 18: 1 or 2 doses annually			
Human Papillomavirus (HPV)									Provides long-term protection against cervical and other cancers. 2 doses when started ages 9 – 14. 3 doses, all other ages.			
Measles, Mumps, Rubella (MMR)												
Meningitis*****										Dose 1		
Pneumonia											Age 16: One-time booster	
* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance; alcohol and drug abuse, and tobacco use assessment.												
** To confirm new diagnosis of high blood pressure before starting treatment.												
*** Hearing screening once between ages 11 – 14, 15 – 17, and 18 – 21. Vision screening covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4, and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit.												
**** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.												
***** Meningococcal B vaccine per doctor's advice.												

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance; alcohol and drug abuse, and tobacco use assessment.

** To confirm new diagnosis of high blood pressure before starting treatment.

*** Hearing screening once between ages 11 – 14, 15 – 17, and 18 – 21. Vision screening covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4, and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit.

**** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

***** Meningococcal B vaccine per doctor's advice.

IMMUNIZATIONS												
Polio (IPV)	Dose 4											
CARE FOR PATIENTS WITH RISK FACTORS	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y
BRCA Mutation Screening (Requires prior authorization)					Per doctor's advice							
Cholesterol Screening	Screening will be done based on the child's family history and risk factors											
Fluoride Varnish (Must use primary care doctor)	Ages 5 and younger											
Hepatitis B Screening					Per doctor's advice							
Hepatitis C Screening												
Latent Tuberculosis Screening												
Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV, and Syphilis)					For all sexually active individuals							
Tuberculin Test	Per doctor's advice											

Children: 6 Months to 18 Years¹

PREVENTIVE DRUG MEASURES THAT REQUIRE A DOCTOR'S PRESCRIPTION

Oral Fluoride	For ages 6 months to 16 years whose primary water source is deficient in fluoride
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PREVENTION OF OBESITY, HEART DISEASE, DIABETES, AND STROKE

Children with a BMI in the 85th to 94th percentile (overweight) and the 95th to 98th percentile (obese) are eligible for:	<ul style="list-style-type: none"> Additional annual preventive office visits specifically for obesity Additional nutritional counseling visits specifically for obesity Recommended lab tests: <ul style="list-style-type: none"> Alanine aminotransferase (ALT) Aspartate aminotransferase (AST) Hemoglobin A1c or fasting glucose (FBS) Cholesterol screening
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Age 18 with a diagnosis of Hypertension, High Blood Pressure, Dyslipidemia, or Metabolic Syndrome	Nutritional counseling
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ADULT DIABETES PREVENTION PROGRAM (DPP) AGE 18

 Applies to Adults To find out more about this program and eligibility criteria, click on the following link: myhighmark.com	Enrollment in either the onsite YMCA or Livongo's online lifestyle change Diabetes Prevention Programs for weight loss.
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Women's Health Preventive Schedule

SERVICES	
Contraception (Birth Control) Methods and Discussion*	All women planning or capable of pregnancy
Well-Woman Visits (Includes: Preconception and first prenatal visit, urinary incontinence screening)	Up to four visits each year for developmentally and age-appropriate preventive services
SCREENINGS/PROCEDURES	
Anxiety Screening	The Women's Preventive Services Initiative recommends screening for anxiety in adolescent girls and adult women, including those who are pregnant or postpartum.
Breast Cancer Diagnostic Screening for Women at Average Risk	Age 40 and older breast mammogram, MRI, ultrasound, biopsy when there is no diagnosis of breast cancer
Breastfeeding (Lactation) Support and Counseling, and Costs for Equipment	During pregnancy and/or after delivery (postpartum)
Diabetes Screening	Screen for diabetes in pregnancy at first prenatal visit or at weeks 24 – 28 and after pregnancy in women with a history of gestational diabetes and no diagnosis of diabetes.
HIV Screening and Discussion	<ul style="list-style-type: none"> All sexually active women: Once a year Ages 15 and older, receive a screening test for HIV at least once during their lifetime Risk assessment and prevention education for HIV infection beginning at age 13 Screen for HIV in all pregnant women upon initiation of prenatal care with rescreening during pregnancy based on risk factors
Human Papillomavirus (HPV) Screening Testing	Beginning at age 30: Every three years
Intimate Partner and Domestic Violence Screening and Counseling (Provide or refer to intervention services)	Adolescent and adult women
Navigation Services**	Services for Cervical and Breast Cancer Screening
Nutritional Counseling	Ages 40 – 60 with normal BMI and overweight BMI
Sexually Transmitted Infections (STI) Discussion	All sexually active women: Once a year

* F A-approved contraceptive methods may include sterilization and procedures as prescribed. One or more forms of contraception in each of the 18 FDA-approved methods, as well as any particular service or FDA approved, cleared or granted contraceptive product that an individual's provider determines is medically appropriate, are covered without cost sharing. Exception Process: Your provider may request an exception for use of a prescribed nonformulary contraception drug due to medical necessity by completing the online request form. When approved, the prescribed drug will then be made available to you with zero-dollar cost share. Note: On page 2 of the form under the title Prior Authorization reads "Contraceptives require a statement of medical necessity only". The following link works for all states. [<https://content.highmarkprc.com/Files/Region/PA/Forms/MM-056.pdf>] Only FDA approved contraception apps, which are not part of the 18 method categories, and are available for download to a cell phone are reimbursable through the paper claim process with a prescription. Members need to submit three documents to obtain reimbursement; 1) complete the paper Claim Form: [https://www.highmarkbcb.com/redesign/pdfs/mhs/Medical_Claim_Form.pdf] Under section DIAGNOSIS OR NATURE OF ILLNESS OR INJURY – write "contraception app purchase" 2) receipt of payment for the FDA approved contraception app, 3) provider prescription for the FDA approved contraception app. When FDA-approved over the counter (OTC) contraceptives are purchased somewhere other than at the in-network pharmacy register, members need to submit the following documents to obtain reimbursement: 1) completed paper Claim Form which can be found at [https://www.highmarkbcb.com/redesign/pdfs/mhs/Medical_Claim_Form.pdf] Under section DIAGNOSIS OR NATURE OF ILLNESS OR INJURY – write "OTC contraception pill purchase"; and 2) receipt of payment for the FDA approved OTC contraception pill.

** Navigation Services can be found in the My Highmark App, online at www.highmark.com, or by calling the number on the back of your ID card.

Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield serves the state of Delaware and is an independent licensee of the Blue Cross Blue Shield Association.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

Discrimination is Against the Law

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Claims Administrator/Insurer does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex assigned at birth, gender identity or recorded gender. Furthermore, the Claims Administrator/Insurer will not deny or limit coverage to any health service based on the fact that an individual's sex assigned at birth, gender identity, or recorded gender is different from the one to which such health service is ordinarily available. The Claims Administrator/Insurer will not deny or limit coverage for a specific health service related to gender transition if such denial or limitation results in discriminating against a transgender individual. The Claims Administrator/Insurer:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that the Claims Administrator/Insurer has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity, you can file a grievance with: Civil Rights Coordinator, P.O. Box 22492, Pittsburgh, PA 15222, Phone: 1-866-286-8295, TTY: 711, Fax: 412-544-2475, email: CivilRightsCoordinator@highmarkhealth.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak English, assistance services, free of charge, are available to you. Call the number on the back of your ID card (TTY:711).

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码 (TTY : 711)。

توجه: اگر شما به زبان فارسی صحبت می کنید، خدمات کمک زبان، به صورت رایگان، در مسیر شماست. با شماره واقع در پشت کارت شناسایی خود (TTY: 711) تماس بگیرید.

알림: 한국어를 사용하시는 분들을 위해 무료 통역이 제공됩니다. ID 카드 뒷면에 있는 번호로 전화하십시오 (TTY: 711).

Kominike : Si se Kreyòl Ayisyen ou pale, gen sèvis entèprèt, gratis-ticheri, ki la pou ede w. Rele nan nimewo ki nan do kat idantite w la (TTY: 711).

ATTENZIONE: se parla italiano, per lei sono disponibili servizi di assistenza linguistica a titolo gratuito. Contatti il numero riportato sul retro della sua carta d'identità (TTY: 711).

אכטונג: אובי איר רעדט אידיש, צענען שפראך הילך סערוייסעס, פרי' פון אפצאַל אוועילעבל פאר אײַר. רופט ד' נומער או איז איז ד' פאָרְקָרְטָעָזִיט פון אײַעַר ID קאָרטָל (TTY:711)

মনোযোগ দিন: আপনি যদি বাংলা ভাষায় কথা বলেন, তাহলে আপনার জন্য বিনামূলে ভাষা সহায়তা পরিষেবা উপলব্ধ রয়েছে। আপনার আইডি কার্ডের (TTY:711) পিছনে থাকা নম্বরে ফোন করুন।

تنبيه: إذا كنت تتحدث اللغة العربية، فهناك خدمات المعاونة في اللغة المجانية متاحة لك. اتصل بالرقم الموجود خلف بطاقة هوينك (جهاز الاتصال لذوي صعوبات السمع والنطق): (711).

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń pod numer podany na odwrocie karty ubezpieczenia zdrowotnego (TTY: 711).

ATTENTION: Si vous parlez français, les services d'assistance linguistique, gratuitement, sont à votre disposition. Appelez le numéro au dos de votre carte d'identité (TTY: 711).

توجه فرمانیں: اگر آپ اردو بولتے ہیں، زبان معاونت سروس، مفت میں آپ کے لیے دستیاب ہے۔
اپنے شناختی کارڈ کی پشت پر درج شدہ نمبر پر کال کریں (711)۔

CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số điện thoại ở mặt sau thẻ ID của quý vị (TTY: 711).

ATENSYON: Kung nagsasalita ka ng Tagalog, may makukha kang mga libreng serbisyo tulong sa wika. Tawagan ang numero sa likod ng iyong ID card (TTY: 711).

ΠΡΟΣΟΧΗ: Σε περίπτωση που μιλάτε Ελληνικά, οι διαθέσιμες υπηρεσίες γλωσσικής βοήθειας σας παρέχονται δωρεάν. Καλέστε τον αριθμό στο πίσω μέρος της ταυτότητας σας (TTY:711).

Information About the Affordable Care Act (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations, or your benefit coverage, please call the Member Service number on the back of your member ID card.

¹Information About Children's Health Insurance Program (CHIP)

Because the Children's Health Insurance Program (CHIP) is a government-sponsored program and not subject to ACA, certain preventive benefits may not apply to CHIP members and/or may be subject to copayments.

The ACA authorizes coverage for certain additional preventive care services. These services do not apply to "grandfathered" plans. These plans were established before March 23, 2010, and have not changed their benefit structure. If your health coverage is a grandfathered plan, you would have received notice of this in your benefit materials.