

Macomb School District #185
Employee Health Plan
July 1, 2013

Preventive Care Services
at
No Cost to You

The following preventive services are covered without your having to pay a deductible, copayment or co-insurance. **Preventive Services are paid at 100% when delivered by an In-Network provider.** To locate an In-Network provider, please visit the HFN website at www.hfninc.com or call (800) 295-5444.

Treatments for any diagnosis discovered during preventive services received are subject to benefit coverages as outlined in your SPD.

Covered Preventive Services for Adults

- **Annual Wellness Office Visit**
- **Abdominal Aortic Aneurysm Screening** one-time for men age 65 – 75 who have ever smoked.
- **Alcohol Misuse Screening** by primary care physician. For therapy or counseling services contact your EAP and/or see your SPD for benefit coverages.
- **Aspirin Use Counseling** with primary care physician. Aspirin is not an eligible expense.
- **Blood Pressure Screening**
- **Cholesterol Screening** follows American Medical Association (AMA) Guidelines.
- **Colorectal Cancer Screening** fecal occult blood testing, sigmoidoscopy or colonoscopy beginning at age 50. Frequency follows AMA Guidelines.
- **Depression Screening** during preventive services physical exam. For treatment see your SPD for benefit coverages.
- **Type 2 Diabetes Screening** for adults with high blood pressure.
- **Diet Counseling** for adults with or at a higher risk for diet-related chronic diseases.
- **HIV Screening and Counseling** for adults at higher risk. Follows AMA Guidelines.
- **Obesity Screening and Counseling** Treatment is excluded by the Plan.
- **Sexually Transmitted Infection (STI) Prevention Counseling** for adults and adolescents at higher risk.
- **Syphilis Screening** for adults at higher risk and pregnant women.
- **Tobacco Use Counseling** during an office visit. See drug card for deterrents.
- **Violence Screening** For treatment see your SPD for benefit coverages.

Smoking Deterrents (covered 100% - no out-of-pocket to you):

Our District group health plan covers smoking deterrents to help individuals quit smoking. Smoking deterrents include gum, patches, and oral medications prescribed by your in-network physician. Over-the-counter smoking deterrents are covered. Your plan will cover one treatment cycle per calendar year.

Eligible smoking deterrents are covered under your drug card. Present your drug card to your participating “pharmacy department” at time of purchase.

Covered Preventive Services for Women, Including Pregnancy

- **Anemia Screening** for pregnant women
- **Bacteriuria Screening** (urine culture) for pregnant women
- **BRCA Counseling** BRCA testing is not a covered preventive service.
- **Breast Cancer Screening** Mammogram age 40+
- **Breast Cancer Chemoprevention Counseling** for women at high risk. Chemoprevention is not a covered preventive service.
- **Breastfeeding, Support, Supplies & Counseling**
- **Cervical Dysplasia Screening** Pap Smear 18+ years.
- **Chlamydia Infection Screening** less than 24 yrs old; older women at high risk.
- **Contraceptives** includes oral medicines, devices and sterilizations.
- **Folic Acid Supplements** for women planning on becoming pregnant.
- **Gestational Diabetes Screening** for pregnant women
- **Gonorrhea Screening** for sexually active women at high risk.
- **Hepatitis B Screening** during first prenatal visit.
- **HPV DNA Testing**
- **Osteoporosis Screening** Age 65+. Age 60+ for high risk. Follows AMA Guidelines.
- **Rh Incompatibility Screening** for pregnant women w/follow-up test for higher risk.

Covered Preventive Services for Children

- **Alcohol and Drug Use Assessments** for adolescents.
- **Autism Screening** at ages 18 and 24 months.
- **Behavioral Assessment** all ages.
- **Blood Pressure Screening** all ages.
- **Congenital Hypothyroidism Screening** for newborns.
- **Depression Screening** for adolescents.
- **Developmental Screening** up to age 3. Surveillance throughout childhood.
- **Dyslipidemia Screening** for children at higher risk.
- **Fluoride Chemoprevention Counseling** for children without fluoride in their water. Plan does not cover fluoride supplements.
- **Gonorrhea Prophylactic Ocular Topical Medication** for newborns.
- **Hearing Screening** for newborns.
- **Height, Weight and Body Mass Index Measurements**
- **Hematocrit or Hemoglobin Screening** (anemia)
- **Hemoglobinopathies Screening** (sickle cell) for newborns.
- **HIV Screening** for adolescents at higher risk.

- **Iron Supplements** age 6 to 12 months if at risk for anemia.
- **Lead Screening** if at risk of exposure.
- **Medical History & Physical Exams** all ages.
- **Obesity Screening and Counseling** Treatment is excluded by the Plan.
- **Oral Health Risk Assessment**
- **Phenylketonuria (PKU) Screening** screening for genetic disorder in newborns.
- **Tuberculin Testing** for children at higher risk of tuberculosis.
- **Vision Screening** up to 5 to detect amblyopia.

Vaccines – Immunizations **(covered 100% - no out-of-pocket to you):**

Effective immediately, you may receive vaccines at your local participating pharmacy. Participating pharmacies are those that accept your District group health/drug card. Present your drug card at time of vaccination. Using your drug card for payment eliminates the need for unnecessary paperwork.

You may still receive vaccines from your in-network physician's office and at your local County Health Department. Note: The County Health Dept. will usually require payment in full at time of receiving the vaccine. You must then submit the statement to IPMG (see back of your health I.D. card for address) for reimbursement under the group health plan.

Vaccine doses, recommended ages (some listed below), and recommended populations will vary:

- Hepatitis A (12 - 23 months; 2 - 18 w/risk factors; adults 19+ w/risk factors)
- Hepatitis B (newborn – 18 months; 7 - 18 w/risk factors; adults 19+ w/risk factors)
- Herpes Zoster (adults 60+) shingles
- HPV – Human Papillomavirus (women 11 - 26)
- Inactivated Poliovirus (children 6 - 18 months; 4+ yrs)
- Influenza – flu shot (yearly)
- Measles, Mumps, Rubella – MMR (1 – 49 yrs; 50+ w/risk factors)
- Meningococcal (all 11 - 12 yr olds; 2 - 18 w/risk factors; adults 19+ w/risk factors)
- Pneumococcal (12 - 18 months; 2 - 18 yrs w/risk factors; adults 19 - 64 w/risk factors)
- Rotavirus (2 - 8 months)
- Td booster, Tdap (ages 11- 64)
- Tetanus, Diphtheria, Pertussis – DtaP (15 - 18 months; 4 - 6 years)
- Varicella (children 12 - 18 months; 2 - 18 w/risk factors; 19+ w/risk factors)

Counseling means discussion during your office visit and generally results in no additional charge. Ask your physician about AMA Guidelines.