

## FreedomCare Wellness & Preventative Benefits

### • Benefits for all adults:

- Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked
- Alcohol misuse screening and counseling
- Aspirin use to prevent cardiovascular disease for men and women of certain ages
- Blood pressure screening
- Cholesterol screening for adults of certain ages or at higher risk
- Colorectal cancer screening for adults over 50
- Depression screening
- Diabetes (Type 2) screening for adults with high blood pressure
- Diet counseling for adults at higher risk for chronic disease
- 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.
- Hepatitis C screening for adults at increased risk, and one time for everyone born 1945 – 1965
- HIV screening for everyone ages 15 to 65, and other ages at increased risk
- Immunization vaccines for adults — doses, recommended ages, and recommended populations vary:
  - Diphtheria
  - Hepatitis A
  - Hepatitis B
  - Herpes Zoster
  - Human Papillomavirus (HPV)
  - Influenza (flu shot)
  - Measles
  - Meningococcal
  - Mumps
  - Pertussis
  - Pneumococcal
  - Rubella
  - Tetanus
  - Varicella (Chickenpox)
- 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
- Obesity screening and counseling
- Sexually transmitted infection (STI) prevention counseling for adults at higher risk
- Syphilis screening for adults at higher risk
- Tobacco Use screening for all adults and cessation interventions for tobacco users

### • Benefits for women:

- Anemia screening on a routine basis
- Breastfeeding comprehensive support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
- Contraception: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to

health plans sponsored by certain exempt “religious employers.” Learn more about contraceptive coverage.

- Folic acid supplements for women who may become pregnant
  - Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
  - Gonorrhea screening for all women at higher risk
  - Hepatitis B screening for pregnant women at their first prenatal visit
  - Rh Incompatibility screening for all pregnant women and follow-up testing for women at higher risk
  - Syphilis screening
  - Expanded tobacco intervention and counseling for pregnant tobacco users
  - Urinary tract or other infection screening
  - Get more information about services for pregnant women from HealthFinder.gov
  - Breast cancer genetic test counseling (BRCA) for women at higher risk
  - Breast cancer mammography screenings every 1 to 2 years for women over 40
  - Breast cancer chemoprevention counseling for women at higher risk
  - Cervical cancer screening for sexually active women
  - Chlamydia infection screening for younger women and other women at higher risk
  - Domestic and interpersonal violence screening and counseling for all women
  - Gonorrhea screening for all women at higher risk
  - HIV screening and counseling for sexually active women
  - Human Papillomavirus (HPV) DNA test every 3 years for women with normal cytology results who are 30 or older
  - Osteoporosis screening for women over age 60 depending on risk factors
  - Rh incompatibility screening follow-up testing for women at higher risk
  - Sexually transmitted infections counseling for sexually active women
  - Syphilis screening for women at increased risk
  - Tobacco use screening and interventions
  - Well-woman visits to get recommended services for women under 65
- **Benefits for children:**
    - Alcohol and drug use assessments for adolescents
    - Autism screening for children at 18 and 24 months
    - Behavioral assessments for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
    - Blood pressure screening for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
    - Cervical dysplasia screening for sexually active females
    - Depression screening for adolescents
    - Developmental screening for children under age 3
    - Dyslipidemia screening for children at higher risk of lipid disorders ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years

- Fluoride chemoprevention supplements for children without fluoride in their water source
- Gonorrhea preventive medication for the eyes of all newborns
- Hearing screening for all newborns
- Height, weight and body mass index (BMI) measurements for children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Hematocrit or hemoglobin screening for all children
- Hemoglobinopathies or sickle cell screening for newborns
- 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.
- HIV screening for adolescents at higher risk
- Hypothyroidism screening for newborns
- Immunization vaccines for children from birth to age 18 — doses, recommended ages, and recommended populations vary:
  - Diphtheria, Tetanus, Pertussis (Whooping Cough)
  - Haemophilus influenzae type b
  - Hepatitis A
  - Hepatitis B
  - Human Papillomavirus (PVU)
  - Inactivated Poliovirus
  - Influenza (flu shot)
  - Measles
  - Meningococcal
  - Pneumococcal
  - Rotavirus
  - Varicella (Chickenpox)
- Iron supplements for children ages 6 to 12 months at risk for anemia
- Lead screening for children at risk of exposure
- Medical history for all children throughout development ages: 0 to 11 months, 1 to 4 years , 5 to 10 years , 11 to 14 years , 15 to 17 years
- Obesity screening and counseling
- Oral health risk assessment for young children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years
- Phenylketonuria (PKU) screening for newborns
- Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk
- Tuberculin testing for children at higher risk of tuberculosis ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Vision screening for all children