



Health care reform update

preventive services

Preventive services coverage

Kaiser Foundation Health Plan of the Northwest has always offered broad, affordable coverage options that encourage members to seek care before a health condition becomes serious. And we remain committed to improving the long-term health of our members. Beginning with the first plan year on or after September 23, 2010, and in compliance with the Patient Protection and Affordable Care Act, we're eliminating member cost share for certain preventive services on some plans, including:

- All non-retiree-only plans
- All new and renewing individual and family plans, except those with grandfathered status
- All new and renewing small group plans
- All non-grandfathered large group plans
- All grandfathered plans that choose to add the preventive services package

In this document, you'll find a summary of the federal requirements for preventive services followed by a list of additional preventive services for Oregon and Washington.

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Your guide to preventive services under health care reform

The required preventive services are based on recommendations by the United States Preventive Services Task Force, the Health Resources and Services Administration, and the Centers for Disease Control and Prevention. For many plans, we're bundling those services into a national package with no cost sharing for members. Additional services are mandated in some states. We'll cover all federal-and state-mandated benefits as required by law.



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A summary of national preventive services

New health insurance plans beginning on or after September 23, 2010, must cover the following preventive services without a copayment, coinsurance, or deductible, when these services are delivered by a network provider.

Covered preventive services for adults

- **Abdominal aortic aneurysm** one-time screening for men of specified ages who have ever smoked
- **Alcohol misuse** screening and counseling
- **Aspirin** recommended use for men and women of certain ages
- **Blood pressure** screening for all adults
- **Cholesterol** screening for adults of certain ages or at higher risk
- **Colorectal cancer** screening for adults over 50
- **Depression** screening for adults
- **Type 2 diabetes** screening for adults with high blood pressure
- **Diet** counseling for adults at higher risk for chronic disease
- **HIV** screening for all adults at higher risk
- **Immunization** vaccines for adults (doses, recommended ages, and recommended populations vary):
 - Hepatitis A
 - Hepatitis B
 - Herpes zoster
 - Human papillomavirus
 - Influenza
 - Measles, mumps, rubella
 - Meningococcal
 - Pneumococcal
 - Tetanus, diphtheria, pertussis
 - Varicella
- **Obesity** screening and counseling for all adults
- **Sexually transmitted infection** prevention counseling for adults at higher risk
- **Tobacco use** screening for all adults and cessation interventions for tobacco users
- **Syphilis** screening for all adults at higher risk



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Covered preventive services for women, including pregnant women

- **Anemia** screening on a routine basis for pregnant women
- **Bacteriuria** urinary tract or other infection screening for pregnant women
- **BRCA** counseling about genetic testing for women at higher risk
- **Breast cancer mammography** screenings every one to two years for women over 40
- **Breast cancer chemoprevention** counseling for women at higher risk
- **Breastfeeding** interventions to support and promote breastfeeding
- **Cervical cancer** screening for sexually active women
- **Chlamydia infection** screening for younger women and other women at higher risk
- **Folic acid** recommended for all women planning or capable of pregnancy
- **Gonorrhea** screening for all women at higher risk
- **Hepatitis B** screening for pregnant women at their first prenatal visit
- **Osteoporosis** screening for women over 60, depending on risk factors
- **Rh incompatibility** screening for all pregnant women and follow-up testing for women at higher risk
- **Tobacco use** screening and interventions for all women, and expanded counseling for pregnant tobacco users
- **Syphilis** screening for all pregnant women or other women at increased risk

Covered preventive services for children

- **Alcohol and drug use** assessments for adolescents
- **Autism** screening for children at 18 and 24 months
- **Behavioral** assessments for children of all ages
- **Cervical dysplasia** screening for sexually active females
- **Congenital hypothyroidism** screening for newborns
- **Developmental** screening for children under 3, and surveillance throughout childhood
- **Dyslipidemia** screening for children at higher risk of lipid disorders
- **Fluoride chemoprevention** recommended 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** measurements for children
- **Hematocrit or hemoglobin** screening for children



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- **Hemoglobinopathies or sickle cell** screening for newborns
- **HIV** screening for adolescents at higher risk
- **Immunization** vaccines for children from birth to age 18 (doses, recommended ages, and recommended populations vary):
 - Diphtheria, tetanus, pertussis
 - Haemophilus influenzae type b
 - Hepatitis A
 - Hepatitis B
 - Human papillomavirus
 - Inactivated poliovirus
 - Influenza
 - Measles, mumps, rubella
 - Meningococcal
 - Pneumococcal
 - Rotavirus
 - Varicella
- **Iron** recommended 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
- **Obesity** screening and counseling
- **Oral health** risk assessment for young children
- **Phenylketonuria** screening for this genetic disorder in newborns
- **Sexually transmitted infection** prevention counseling for adolescents at higher risk
- **Tuberculin** testing for children at higher risk of tuberculosis
- **Vision** screening for all children

Additionally, we will continue to cover the physical maintenance examination at no member cost share for all groups adding our preventive care package.



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State-mandated services

This list includes information about the state-mandated services that are in addition to those required by federal health care reform. We'll continue to provide those services as part of our preventive services package.

Oregon

- Prostate cancer screenings (e.g., prostate-specific antigen testing and digital rectal examination)
- Scheduled prenatal visits and first postpartum visit

Washington

- Prostate cancer screenings (e.g., prostate-specific antigen testing and digital rectal examination)
- Scheduled prenatal visits and first postpartum visit

Additional information about preventive services

Preventive vs. diagnostic or therapeutic services

There are some additional things to keep in mind about coverage for preventive services vs. coverage for diagnostic or therapeutic services:

- When both preventive services and diagnostic or therapeutic services occur at the same visit, members will pay a cost share for the diagnostic or therapeutic services but not for the preventive services.
- When a preventive service turns into a diagnostic or therapeutic service in the same visit, the diagnostic or therapeutic cost share will apply.
- Deductibles, copayments, and coinsurance may also apply to other preventive services that are covered by Kaiser Foundation Health Plan of the Northwest but are not part of the new law.
- The services listed in this document may be subject to age and frequency guidelines, and may be subject to cost share outside of these guidelines.



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Medical necessity

A Kaiser Permanente health professional will determine if services are medically necessary for each member. A service is considered medically necessary if it's medically required to prevent, diagnose, or treat a member's condition or clinical symptoms and it's consistent with generally accepted professional standards of care in the medical community.

For more information

Please see the *Evidence of Coverage* for details about how the preventive services mandate applies to your plan, or contact your sales executive or account manager for more information.