



Horizon Blue Cross Blue Shield of New Jersey

*Making Healthcare Work.*

HorizonBlue.com

# HEALTH CARE REFORM:



## USING PREVENTIVE CARE FOR A HEALTHIER LIFE

Horizon Blue Cross Blue Shield of New Jersey is committed to empowering our members with access to preventive services to get – and stay – healthy. Using preventive care services, which include screenings, checkups and counseling, can help our members avoid illness and improve their health.

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Many services listed below are considered preventive care services under the federal health care reform law. That means, for most Horizon Blue Cross Blue Shield of New Jersey members, these services are covered with no out-of-pocket costs, if the member receives the services from an in-network health care professional and the sole reason for the visit is to receive the preventive care services. For more information, please read the *Things you should know* section on page 5.

## Newborn Screenings and Preventive Treatment

Congenital hypothyroidism (CH)	Hearing loss
Congenital metabolic screening	Phenylketonuria (PKU)
Gonococcal eye inflammation medication (topical)	Sickle cell disease

## Childhood Immunizations (birth to age 7 years)<sup>1</sup>

Immunization administration	Meningococcal
Haemophilus influenzae type b	Pneumococcal
Hepatitis A	Inactivated Poliovirus
Hepatitis B	Rotavirus
Influenza	Tetanus, Diphtheria, Pertussis (Td/Tdap)
Measles, Mumps, Rubella (MMR)	Varicella

## Adolescent Immunizations<sup>1</sup>

Immunization administration	Meningococcal
Haemophilus influenzae type b	Pneumococcal
Hepatitis A	Inactivated Poliovirus
Hepatitis B	Rotavirus
Human Papillomavirus (HPV)	Tetanus, Diphtheria, Pertussis (Td/Tdap)
Influenza	Varicella
Measles, Mumps, Rubella (MMR)	

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## Childhood Screenings and Counseling<sup>2</sup>

Behavioral assessments for children of all ages

Depression screenings

Developmental screenings

Laboratory screenings:

- Iron deficiency anemia
- Lead exposure
- Dyslipidemia

Medical evaluation well visits throughout development, including:

- Height, weight and body mass measurements
- Oral health risk assessment
- Visual impairment screenings

Obesity screening and referral to weight management counseling, as necessary, for children ages 6 years and older for improvement of weight status

Tuberculin testing

## Additional Adolescent Screenings and Counseling

Alcohol and substance abuse assessment

Cervical dysplasia screening for sexually active female adolescents

Counseling to prevent sexually transmitted infections (STIs) for high-risk adolescents

Depression screenings

Human immunodeficiency virus (HIV) screenings and counseling for high-risk adolescents

## Adult Wellness Screenings

Medical evaluation well visits, including:

- Blood pressure screening
- Laboratory screenings:
  - Cholesterol screenings for men ages 35 years and older, women ages 45 years and older
  - Diabetes screenings for type 2 diabetes
  - HIV and STI screenings for high-risk adults
  - Chlamydia infection, gonorrhea and syphilis screenings for high-risk women
- Obesity screening and provision of information about interventions to promote sustained weight loss for obese adults



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## Adult Immunizations

Immunization administration

Hepatitis A

Hepatitis B

Human Papillomavirus (HPV)

Influenza

Measles, Mumps, Rubella (MMR)

Meningococcal

Pneumococcal (Polysaccharide)

Tetanus, Diphtheria, Pertussis (Td/Tdap)

Varicella

Zoster

## Adult Cancer Screenings and Counseling<sup>2</sup>

BRCA counseling about genetic testing for high-risk women

Breast cancer chemoprevention counseling for high-risk women

Breast cancer mammography every one to two years for women ages 40 years and older

Cervical cancer pap test for women

Colorectal cancer screenings, including fecal occult blood testing, sigmoidoscopy or colonoscopy

## Additional Screenings for Men

Abdominal aortic aneurysm – One-time screening for men ages 65 to 75 years who have smoked

## Additional Screenings for Women

Osteoporosis screening – Beginning at ages 65 years and older, or beginning at age 60 years for women at high risk



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## Specifically for Pregnant Women

Anemia screening for iron deficiency

Bacteriuria urinary tract infection screening at 12 to 16 weeks gestation

Breastfeeding education

Hepatitis B screening at first prenatal visit

Rh incompatibility blood type testing at first prenatal visit and at 24 to 28 weeks gestation

Rubella screening

Syphilis screening

Smoking and tobacco cessation counseling for pregnant women

## Expanded Women's Preventive Health

Well-woman visits

Screening for gestational diabetes

Human Papillomavirus (HPV) DNA testing

Counseling for sexually transmitted infections (STIs)

Counseling and screening for Human immunodeficiency virus (HIV)

Contraceptive methods (including sterilizations)

Breastfeeding support, supplies and counseling

Screening and counseling for interpersonal and domestic violence

## Adult Screenings and Counseling

Alcohol and substance abuse counseling

Counseling for the prevention of STIs

Depression screenings

Nutritional counseling for adults who have hyperlipidemia (high blood cholesterol) and other known risk factors for cardiovascular and diet-related chronic disease

Obesity

Smoking and tobacco cessation counseling



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### Things you should know:

- This document has been prepared only for informational purposes. The information should not be construed as legal or medical advice. Members should direct questions about the screening tests, immunizations, counseling or supplements to their health care professionals.
  - Because it is generally expected that continued guidance from federal regulators will be released on issues pertaining to health care reform, the information provided is subject to change.
  - For members who have insured coverage, state mandates for certain preventive services may apply rather than federal mandates, if the state mandates are stricter.
  - This is only a brief summary discussing preventive services as they pertain to the new federal law. For more information about federal preventive service recommendations issued as part of the Federal Interim Final Rules for Group Health Plans and Health Insurance Issuers Relating to Coverage of Preventive Services under the Patient Protection and Affordable Care Act (PPACA), please visit [HealthCare.gov](http://HealthCare.gov).
  - Requirements under PPACA become effective at the beginning of the plan year (or for individual market coverage, policy year) on or after September 23, 2010.
  - PPACA permits health coverage that was in force on or before March 23, 2010 to be “grandfathered” under certain circumstances so that it does not have to comply with certain provisions in PPACA. If the member’s plan is grandfathered, these benefits may not be available to the member.
  - If the member’s Horizon BCBSNJ health plan uses a network of participating doctors and other health care professionals, or the member’s Horizon BCBSNJ health plan is a non-network-based health plan (such as an Indemnity plan), the member’s plan provides these preventive services at no cost sharing ONLY through in-network doctors and other health care professionals.
  - If the member’s Horizon BCBSNJ health plan offers in-network and out-of-network coverage, preventive care services received out of network will continue to be covered under the member’s current cost-sharing arrangement.
  - A doctor may provide a preventive service, such as a cholesterol screening, as part of an office visit. The member may be responsible for cost sharing for the office visit, if the preventive service is not the primary purpose of the visit or if the doctor bills the member for the office visit separately from the preventive care.
- 1 Recommendations for immunizations were obtained from the Centers for Disease Control and Prevention’s Advisory Committee on Immunization Practices (ACIP). Only the member’s health care professional can deem the necessary immunizations that are required.
  - 2 Recommendations for screenings and counseling services were obtained from the U.S. Preventive Services Task Force, a division of the U.S. Department of Health & Human Services’ Agency for Healthcare Research and Quality.

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