

# Preventive Exams and Screenings

## Medical Preventive Exams and Screenings

Eligible health services include office visits to your physician, Primary Care Physician (PCP), nurse practitioner or other healthcare professional for routine physical exams. A routine exam is a medical exam given by a healthcare provider for a reason other than to diagnose or treat a suspected or identified illness or injury.

Your health benefits and insurance plan covers the services listed here with no cost share as part of preventive care. Aetna follows the recommendations of national medical societies about how often children, and adults need these services. Be sure to talk with your healthcare provider about which services are right for your age, biological sex, and health status. For specific information about what is covered, contact Aetna Member Services at 1-800-784-3989.

## Annual Physical Exam

Typically includes medical history, blood pressure, a physical exam and routine lab work. A routine annual physical preventive exam is a medical exam given for a reason other than to diagnose or treat a suspected or identified illness or injury.

## Annual Routine Preventive Lab Panel

Typically includes complete blood count (CBC) and a lipid profile to check cholesterol and triglyceride levels. Providers may decline ordering lab work or may request additional lab work depending upon your age and risk factors. You may be responsible for the costs of additional lab work.

## Well Woman Exam

This exam includes an office visit to your physician, PCP, obstetrician (OB), gynecologist (GYN), OB/GYN or nurse practitioner. A routine well woman preventive exam is a medical exam given for a reason other than to diagnose or treat a suspected or identified illness or injury.

This exam may include:

- Medical history
- Breast exam to screen for cancer
- Pelvic exam to screen cervical cancer
- Chlamydia infection and gonorrhea screening for women at higher risk
- Screening for interpersonal or domestic violence
- Counseling for and genetic testing for women at higher risk for BRCA
- Counseling for certain generic contraceptive drugs and patient education

## Mammography Preventive Exam

Mammography provides an x-ray picture of the breast to check for breast cancer in women who have no signs or symptoms of the disease. Suggested every 1-2 years over age of 40 and for women under 40 determined to be at high risk. Includes 3D mammography. A routine mammography is a medical screening given for a reason other than to diagnose or treat a suspected or identified illness or injury.

## Prostate Exam

Typically includes physical examination of the prostate and a prostate-specific antigen (PSA) screening. Considered preventive for men age 40 and older and for men under 40 years who are determined to be high risk for prostate cancer, including African American men and men with family history. A routine prostate preventive exam is a medical exam given for a reason other than to diagnose or treat a suspected or identified illness or injury.

## Skin Cancer Screening

Visual inspection of the skin by a medical professional for purpose of detecting precancerous and cancerous skin growths. A routine skin cancer preventive screening is a medical screening given for a reason other than to diagnose or treat a suspected or identified illness or injury.

## Colorectal Cancer Screenings

Typically includes one of the following screenings for members age 45 and older and for adults under 45 who are determined to be higher risk. A routine colorectal cancer preventive screening is a medical screening given for a reason other than to diagnose or treat a suspected or identified illness or injury.

- **Flexible Sigmoidoscopy** every 5 years. Uses a flexible scope to evaluate changes and abnormalities in the lower part of the large intestine.
- **Colonoscopy** every 10 years. Uses a long, flexible scope to detect changes or abnormalities in the large intestine (colon) and rectum.
- **Fecal Tests** that screen for colon cancer including:
  - **Immunochemical fecal occult blood test (iFOBT)** annually. Small stool sample collected on a card or in a tube is sent to a lab to test for occult (hidden) blood that can indicate cancer.
  - **Fecal Immunochemical Test (FIT)** every 3 years. Small stool sample collected on a card or in a tube is sent to a lab to test for hidden blood that can indicate cancer.
  - **Cologuard** every 3 years. Available by prescription only. Small stool sample is mailed to a lab to be screened for blood and DNA cell changes linked to cancer.

## Preventive Care Immunizations

Eligible health services include immunizations for infectious diseases recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. *Doses,*

*recommended ages, and recommended populations vary.*

- Diphtheria, pertussis, tetanus (DPT)
- Hepatitis A and B
- Human papillomavirus (HPV) for females and males aged 9 – 26 years
- Influenza
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia) for adults aged 65 and older
- Shingles zoster vaccines, both Zostovax and Shringrix for adults age 50 and older.
- Varicella (chicken pox)

## Dental Preventive Exam and Cleaning

Regular dental exams are an important part of preventive health care. During a dental exam, the dentist or hygienist will clean your teeth and check for cavities and gum disease. The dentist or hygienist will also evaluate your risk of developing other oral health problems, as well as check your face, neck and mouth for abnormalities. A dental exam might also include dental X-rays (radiographs) or other diagnostic procedures.

During a dental exam, the dentist or hygienist will likely discuss your diet and oral hygiene habits and might demonstrate proper brushing and flossing techniques. Other topics for discussion might include lifestyle factors that can affect oral health and possible cosmetic improvements to your teeth.

## Vision Preventive Exam

Periodic eye and vision examinations are an important part of preventive health care. Many eye and vision problems have no obvious signs or symptoms, so you might not know a problem exists. Early diagnosis and treatment of eye and vision problems can help prevent vision loss.

Each patient's signs and symptoms, along with your optometrist's professional judgment, will determine what tests your optometrist conducts. A comprehensive adult eye and vision examination may include, but is not limited to, the following tests.

- Patient history
- Visual acuity
- Preliminary tests
- Keratometry
- Refraction
- Eye focusing, eye teaming, and eye movement testing
- Eye health evaluation
- Supplemental testing