



Health care reform update

Your guide to preventive services

Preventive services coverage

At Kaiser Permanente, preventive care has always been an essential part of your health plan. And now, under the Patient Protection and Affordable Care Act, also known as health care reform, certain preventive care services in many of our plans will be covered with no cost sharing.

This means that you won't be responsible for copayments, coinsurance, or deductible payments for these preventive services if you are enrolled in one of these plans. (Please refer to your *Evidence of Coverage* to see the cost sharing that applies under your plan.) Below you'll find a summary of preventive services that must be covered at no charge under health care reform, followed by a list of additional preventive services mandated by the state of California. Please keep in mind that:

- **Preventive care services**, such as immunizations, routine physicals, well-child visits, mammograms, and cholesterol screenings, are convenient with Kaiser Permanente. At most of our medical facilities, you can see your doctor and get the lab tests and X-rays you need, all under one roof.
- **Your personal physician** is your partner in health. Talk to your doctor or read our recommendations at kp.org/prevention about the preventive care services you may need. As a member registered on kp.org, you can use My Health Manager to schedule a routine physical with your Kaiser Permanente physician, or e-mail your doctor's office with routine health questions anytime.



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A summary of national preventive services

The preventive services listed below 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.

Preventive services for adults

Exams and discussions

- Age-appropriate **preventive medical examination**
- Discussion with primary care physician regarding **alcohol misuse**
- Discussion with primary care physician regarding **obesity and weight management**
- Discussion with primary care physician regarding **aspirin** for adults at higher risk of cardiovascular disease
- Discussion with primary care physician regarding **diet counseling** for adults at higher risk for chronic disease
- Discussion with primary care physician regarding **tobacco cessation**

Screening

- **Abdominal aortic aneurysm**—one-time screening by ultrasonography in men age 65 to 75 who have ever smoked
- **Blood pressure** screening for all adults
- **Cholesterol** screening for adults at higher risk of cardiovascular disease
- **Colorectal cancer** screening for adults age 50 to 75
- **Prostate cancer** screening in men age 50 to 75
- **Depression** screening for adults
- **Type 2 diabetes** screening for adults with high blood pressure
- Screening for all adults at higher risk for **sexually transmitted infections** and counseling for prevention of sexually transmitted infections, including:
 - HIV
 - Gonorrhea
 - Syphilis
 - Chlamydia



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Immunizations

- **Immunizations** 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

Preventive services for women, including pregnant women

Exams and discussions

- Age-appropriate **preventive medical examination**
- Scheduled **prenatal** visits and first **postpartum** visit
- Discussion with primary care physician about interventions to promote and support **breast feeding**
- Discussion with primary care physician about **folic acid supplements** for women who may become pregnant
- Discussion with primary care physician regarding **chemoprevention** in women at higher risk for breast cancer
- Discussion with primary care physician regarding inherited susceptibility to **breast and/or ovarian cancer**
- Discussion with primary care physician regarding **tobacco cessation**

Screening

- **Mammography** screening for breast cancer for women age 50 to 74



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- **Mammography** screening for breast cancer in other age groups as jointly determined by patient and physician
- **Cervical cancer** screening in women age 21 to 65
- **Osteoporosis** screening for women age 65 or older and women at higher risk
- **Chlamydia infection** screening for sexually active women (and men) at higher risk
- **Gonorrhea** screening for all women at higher risk
- **Syphilis** screening for all pregnant women and other women at higher risk
- **Anemia** screening for pregnant women
- **Urinary tract** or other infection screening for pregnant women
- **Hepatitis B** screening for pregnant women at their first prenatal visit
- **Rh incompatibility** screening for pregnant women and follow-up testing for women at higher risk

Preventive services for children

Exams, assessments, and discussions

- Age-appropriate **preventive medical examination**
- **Medical history** for all children throughout development
- **Height, weight, and body mass index** measurements for children
- **Behavioral** assessments for children of all ages by primary care physician
- **Oral health** risk assessment for young children by primary care physician
- Discussion with primary care physician regarding **alcohol and drug use** assessments for adolescents
- Discussion with primary care physician regarding **obesity** screening and counseling
- Discussion with primary care physician regarding **fluoride supplements** for children who have no fluoride in their water source
- Discussion with primary care physician regarding **iron supplements** for children age 6 months to 12 months who are at risk for anemia
- **Sexually transmitted infection** (STI) prevention counseling for adolescents at higher risk



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Screening

- **Developmental** screening for children under 3 years and surveillance throughout childhood by primary care physician
- **Autism** screening for children at age 18 months and 24 months by primary care physician
- **Congenital hypothyroidism** screening for newborns
- **Phenylketonuria (PKU)** screening in newborns
- **Dyslipidemia** screening for children at higher risk of lipid disorders
- **Lead** screening for children at risk of exposure
- **Hearing** screening for all newborns
- **Vision** screening for all children
- **Hematocrit or hemoglobin** screening for children
- **Hemoglobinopathies or sickle cell** screening for newborns
- **Tuberculin** testing for children at higher risk of tuberculosis
- **HIV** screening for adolescents at higher risk
- **Cervical dysplasia** screening for sexually active females

Immunizations and medication

- **Gonorrhea** prevention medication for the eyes of all newborns
- **Immunizations** for children from birth to 18 years (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



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- Varicella

Additionally, when your coverage for preventive services does not have out-of-pocket costs for the preventive services listed above, you also won't have out-of-pocket costs for routine physical examinations.



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Additional preventive services in California

We also cover state-mandated services in California that are in addition to those required by federal health care reform. We'll continue to provide these services as part of our preventive services package for California members.

- Family planning visits*
- Scheduled prenatal visits
- First postpartum visit*
- Health education
- Routine vision examinations
- Routine hearing examinations

Additional information about preventive services

Preventive vs. diagnostic or therapeutic services

Please keep in mind that your coverage for preventive services may differ from your coverage for diagnostic or therapeutic services.

- If you receive both preventive services and diagnostic or therapeutic services at the same visit, you will pay a share of the cost for the diagnostic or therapeutic services, even if you don't have to pay a share of the cost for the preventive services.
- If a preventive service turns into a diagnostic or therapeutic service in the same visit, you will pay a share of the cost for the diagnostic or therapeutic services.
- Deductibles, copayments, and coinsurance may still apply to some preventive services listed in this document (for example, if you are not in an eligible plan or a covered age group).
- Deductibles, copayments, and coinsurance may also apply to other preventive services that are covered by Kaiser Permanente but are not part of the new health reform law.

Medical necessity

A Kaiser Permanente health professional will determine if services are medically necessary for you. A service is considered medically necessary if it's medically required to prevent, diagnose, or treat your condition or clinical symptoms and it's



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consistent with generally accepted professional standards of care in the medical community.

For more information

Please see your *Evidence of Coverage* for details about how the preventive services mandate under health reform applies to your plan, or contact Kaiser Permanente Member Services for more information.

*Family planning visits and postpartum visits are not covered under the preventive services benefit package for health savings account (HSA)–compliant plans in California, and a deductible, copayment, or coinsurance may apply.



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This information was accurate at the time of publishing. However, more updated information may now be available. For the most current information, please visit kp.org/reform or contact Kaiser Permanente Member Services.

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