

PREVENTIVE HEALTH COVERAGE

Stay ahead of your health

Access preventive care with no cost when you use providers who charge at or below the Benefit Amount



Understanding your preventive care benefits



Preventive care services are covered at no extra cost when you see a physician or provider who charges at or below your plan's Benefit Amounts.

Preventive care services include



Wellness exams for adults



Routine gynecological exams for women



Wellness exams for children

<p>Understanding preventive care</p>	<p>Preventive care focuses on your overall health and how to stay healthy.</p> <p>It can include routine screenings, immunizations, and some counseling to prevent illness, disease, and other health problems.</p>
<p>Deductible obligation</p>	<p>Preventive care skips your deductible.</p> <p>Meaning, Sidecar Health members can access preventive healthcare with no out-of-pocket costs even if they haven't met their deductible.</p>
<p>Out-of-pocket costs</p>	<p>None when your provider charges within your Benefit Amount.</p>

If you receive covered services during the visit that are not preventive care, deductibles may apply.

This is a high-level summary of benefits under Sidecar Health Group plans with first dollar coverage. See Certificate of Coverage for details.

Common covered preventive services for adults

Screenings

- Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked.
- Alcohol misuse screening.
- Blood pressure screening.
- Cholesterol screening for adults of certain ages or at higher risk.
- Colorectal cancer screening.[‡]
- Depression screening.
- Diabetes (Type 2) screening for adults who are overweight or obese.[‡]
- Hepatitis B screening for people at high risk.
- Hepatitis C screening for adults.[‡]
- HIV screening.[‡]
- Lung cancer screening for adults[‡] at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years.
- Obesity screening.
- Syphilis screening for adults at higher risk.
- Tobacco use screening for all adults and cessation interventions for tobacco users, including a 90-day supply of FDA-approved smoking cessation medications when prescribed by a healthcare provider.
- Tuberculosis screening for certain adults without symptoms at high risk.

Medicine and supplements

- Aspirin use to prevent cardiovascular disease and colorectal cancer for adults[‡] with a high cardiovascular risk.
- PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV negative adults at high risk for getting HIV through sex or injection drug use.
- Statin prevention medication for adults[‡] at high risk.

Counseling for

- Alcohol misuse counseling.
- Diet counseling for adults at higher risk for chronic disease.
- Falls prevention for adults living in a community setting.[‡]
- Obesity counseling.
- Sexually transmitted infection (STI) prevention counseling for adults at higher risk.

Immunizations

- Immunization vaccines for adults—doses, recommended ages, and recommended populations vary: (a) Chicken pox (Varicella) (b) Diphtheria (c) Hepatitis A (d) Hepatitis B (e) Human Papillomavirus (HPV) (f) Influenza (flu shot) (g) Measles (h) Meningococcal (i) Mumps (j) Pneumococcal (k) Rubella (l) Shingles (m) Tetanus (n) Whooping Cough (Pertussis)

[‡]Subject to age restrictions

Common covered preventive services for women

Screenings and counseling for

- Birth Control/Contraception: FDA-approved contraceptive methods, sterilization procedures, and patient education and counseling as prescribed by a healthcare provider for women with reproductive capacity, not including abortifacient drugs.
- Bone density screening.[‡]
- Breast cancer genetic testing (BRCA) for women at higher risk.
- Screening mammography to detect the presence of breast cancer in adult women.[‡]
- Breast cancer chemoprevention counseling for women at higher risk.
- Cervical cancer screening, including: (a) Pap test (also called Pap smear) every 3 years.[‡]
- Cervical dysplasia screening for sexually active females.
- Chlamydia infection screening for younger women and other women at higher risk.
- Diabetes screening for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with Type 2 diabetes before.
- Domestic and interpersonal violence screening and counseling for all women.
- Gonorrhea screening for all women at higher risk.
- Human Immunodeficiency Virus (HIV) screening and counseling for those at increased risk.[‡]
- Sexually transmitted infection (STI) counseling for sexually active women.
- Syphilis screening.
- Tobacco use screening and interventions for all women and expanded tobacco intervention and screening for pregnant tobacco users.
- Urinary incontinence screening for women yearly.
- Well-woman visits to obtain recommended services for all women.

Covered preventive services for pregnant women

- Breastfeeding support and counseling from trained providers and access to breastfeeding supplies, including the cost of renting or the purchase of one (1) breast pump per calendar year, for pregnant and nursing women.
- Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes.
- Hepatitis B screening for pregnant women at their first prenatal visit.
- Maternal depression screening for mothers at well-baby visits.

Covered preventive supplies for pregnant women

- Folic acid supplements for women who may become pregnant.

[‡]Subject to age restrictions

Common covered preventive services for children

Screenings

- Alcohol, tobacco, and drug use assessments for adolescents.
- Autism screening.[‡]
- Behavioral assessments for children of all ages.
- Bilirubin concentration screening for newborns.
- Blood Pressure screening for children.
- Blood screening for newborns.
- Depression screening for adolescents beginning routinely at age 12 years.
- Developmental screening.[‡]
- Dyslipidemia screening for all children and for children at higher risk of lipid disorders.[‡]
- Hearing screening.[‡]
- Height, weight and body mass index (BMI) measurements for children.
- Hematocrit or Hemoglobin screening for all children.
- Hepatitis B screening for adolescents at high risk.
- HIV screening for adolescents at higher risk.
- Hypothyroidism screening for newborns.
- Lead screening for children at risk of exposure.
- Obesity screening.
- Oral health risk assessment.[‡]
- Phenylketonuria (PKU) screening for this genetic disorder in newborns.
- Sexually transmitted infection (STI) prevention screening for adolescents at higher risk.
- Tuberculin testing for children at higher risk of tuberculosis.
- Vision screening for all children.
- Well baby and well child visits.

Medicine and supplements

- Fluoride chemoprevention supplements for children without fluoride in their water source.
- Fluoride varnish for all infants and children as soon as teeth present.
- Gonorrhea preventive medication for the eyes of all newborns.
- PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adolescents at high risk for getting HIV through sex or drug use.
- Iron supplements for children ages 6 to 12 months at risk for anemia.

Counseling

- Obesity counseling.
- Sexually transmitted infection (STI) prevention counseling for adolescents at higher risk.

Vaccination/immunization

- Immunization vaccines for children recommended ages, and recommended populations vary:
(a) Chickenpox (varicella); (b) Diphtheria, Tetanus, Pertussis; (c) Haemophilus influenzae type b; (d) Hepatitis A; (e) Hepatitis B; (f) Human Papillomavirus (HPV); (g) Inactivated Poliovirus; (h) Influenza (flu shot); (i) Measles; (j) Meningococcal; (k) Mumps; (l) Pneumococcal; (m) Rubella; (n) Rotavirus;

[‡]Subject to age restrictions



Your dedicated Member Care team is here to help

Chat with our Member Care team 7 days a week on our website or at [\(855\) 282-0822](tel:855-282-0822) TTY: 711.