

PREVENTION MAKES GOOD HEALTH POSSIBLE.

And many preventive care services are covered at no out-of-pocket cost to you.



Recently, health care reform has focused on the importance of preventive care. With Kaiser Permanente, you'll find that preventive care has always been an essential part of your health plan. And now, many of your preventive care services are covered at no out-of-pocket cost to you. This is just one more way we're providing you with the tools and expertise that can help you and your family live well.

- **Preventive care services**, like immunizations, preventive medical exams, well-child visits, mammograms, and cholesterol screenings, are convenient with Kaiser Permanente. At most of our 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 good health. Talk to your doctor 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 email your doctor's office with routine health questions anytime.

See the following list for many of the preventive care services available to you at no out-of-pocket cost for qualifying medical plans.

For the following commercial (non-Medicare) plans, you won't be responsible for copayments, coinsurance, or deductible payments for these preventive services:

- All individual and family plans, except those with grandfathered status
- All small group plans
- All large group plans other than grandfathered plans and retiree-only plans
- All grandfathered and retiree-only large group plans that add our Health Care Reform Preventive Services Package

Covered preventive care services for adults

Screenings for:

- Abdominal aortic aneurysm (one-time screening for men of specified ages who have ever smoked)
- Blood pressure
- Cholesterol (for adults at higher risk of cardiovascular disease)
- Colorectal cancer (for adults 50 to 75)
- Depression
- Prostate cancer (for men 50 to 75)
- Sexually transmitted infections, including HIV, chlamydia, gonorrhea, herpes, and syphilis (for adults at higher risk)
- Type 2 diabetes (for adults with high blood pressure)

Counseling for:

- Alcohol misuse
- Aspirin use (for adults at higher risk of cardiovascular disease)
- Diet (for adults at higher risk of chronic disease)
- Obesity and weight management
- Sexually transmitted infections, including HIV, chlamydia, gonorrhea, herpes, and syphilis (for adults at higher risk)
- Tobacco cessation

Immunizations:

Doses and recommended ages and populations vary.

- Diphtheria, pertussis, tetanus
- Hepatitis A
- Hepatitis B
- Herpes zoster
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps, rubella
- Meningococcal (meningitis)
- Varicella (chicken pox)

Additional covered preventive care services for women

- Well-woman preventive visits



Screenings for:

- Anemia (for pregnant women)
- Breast cancer (mammography screenings for women 50 to 74, and for other age groups as jointly determined by patient and physician)
- Cervical cancer (for women 21 to 65)
- Hepatitis B (for pregnant women at first prenatal visit)
- Human papillomavirus (HPV) DNA testing (for women 30 and older)
- Osteoporosis (for women 65 and older and women at higher risk)
- Rh incompatibility (for pregnant women, and follow-up testing for women at higher risk)
- Syphilis (for pregnant women and other women at higher risk)
- Urinary tract or other infections (for pregnant women)

Counseling for:

- Breast and/or ovarian cancer risk (for women with family history of either condition)
- Breast cancer chemoprevention (for women at higher risk)
- Folic acid supplements (for women who may become pregnant)

Effective for plan years beginning on or after August 1, 2012:

- Cost of renting breastfeeding equipment
- Counseling for breastfeeding
- Counseling for contraceptive methods
- Prescribed FDA-approved contraceptive methods, including female sterilization

- Routine prenatal care visits
- Screenings for domestic violence
- Screenings for gestational diabetes (for pregnant women)

Covered preventive care services for children**Screenings and other services:**

- Autism screenings (at 18 months and 24 months)
- Behavioral assessments
- Cervical dysplasia screenings (for sexually active girls)
- Congenital hypothyroidism screenings (for newborns)
- Developmental screenings (for children younger than 3, and monitoring throughout childhood)
- Dyslipidemia screenings (for children at higher risk of lipid disorders)
- Gonorrhea prevention medication for the eyes (for newborns)
- Hearing screenings (for newborns)
- Height, weight, and body mass index measurements
- Hematocrit or hemoglobin screenings
- Hemoglobinopathies or sickle cell screenings (for newborns)
- HIV screenings (for adolescents at higher risk)
- Lead screening (for children at risk of exposure)
- Medical history
- Oral health risk assessment (for young children)
- Phenylketonuria (PKU) screenings (for newborns)

- Tuberculin testing (for children at higher risk of tuberculosis)
- Vision screenings

Counseling for:

- Alcohol and drug use assessments (for adolescents)
- Fluoride supplements (for children without fluoride in their water source)
- Iron supplements (for children 6 months to 12 months who are at risk for anemia)
- Obesity (discussion about screening and counseling)
- Sexually transmitted infection prevention (for adolescents at higher risk)

Immunizations (from birth to 18):

Doses and recommended ages and populations vary.

- Diphtheria, pertussis, tetanus
- Haemophilus influenzae type B
- Hepatitis A
- Hepatitis B
- Human papillomavirus
- Inactivated poliovirus
- Influenza (flu)
- Measles, mumps, rubella
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus
- Varicella (chicken pox)