

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®

NOTE: Aetna Choice follows the recommendations of the United States Preventive Services Task Force (USPSTF). This is the 2015 Schedule which is the same for 2016 with one exception. The Zoster vaccine for shingles will be covered beginning at age 60.

Preventive care covered with
no cost sharing

**Get checkups, screenings, vaccines,
prenatal care, contraceptives and more
with no out-of-pocket costs**

www.aetna.com



Good news! Your health benefits and insurance plan covers the services listed here with no cost share¹ as part of preventive care.

This includes routine screenings and checkups. It also includes counseling you get to prevent illness, disease or other health problems.

Many of these services are covered as part of physical exams. These include regular checkups, and routine gynecological and well-child exams. You won't have to pay out of pocket for these preventive visits, when provided in network.

But these services are generally not preventive if you get them as part of a visit to diagnose, monitor or treat an illness or injury. Then copays, coinsurance and deductibles may apply.

Aetna follows the recommendations of national medical societies about how often children, men and women need these services. Be sure to talk with your doctor about which services are right for your age, gender and health status.

Covered preventive services for adults generally include:

Screenings for:

- Abdominal aortic aneurysm (one-time screening for men of specified ages who have ever smoked)
- Alcohol misuse
- Blood pressure
- Cholesterol (for adults of certain ages or at higher risk)
- Colorectal cancer (for adults over 50)
- Depression
- Type 2 diabetes (for adults with high blood pressure)
- HIV
- Obesity
- Tobacco use
- Syphilis (for all adults at higher risk)

Medications and supplements:

- Aspirin for men and women age 45 and older with certain cardiovascular risk factors
- Vitamin D supplements for adults age 65 and older with certain conditions

Counseling for:

- Alcohol misuse
- Diet (for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease)
- Obesity
- Sexually transmitted infection (STI) prevention (for adults at higher risk)
- Tobacco use (including programs to help you stop using tobacco)

Immunizations:

Doses, recommended ages, and recommended populations vary

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

¹Employers with grandfathered plans may choose not to cover some of these preventive services, or to include cost share (deductible, copay or coinsurance) for preventive care services. Certain religious employers and organizations may choose not to cover contraceptive services as part of the group health coverage.

Covered preventive services for women

Screenings and counseling for:

- BRCA (counseling and genetic testing for women of high risk with no personal history of breast and/or ovarian cancer)
- Breast cancer chemoprevention (for women at higher risk)
- Breast cancer (mammography every 1 to 2 years for women over 40)
- Cervical cancer (for sexually active women)
- Chlamydia infection (for younger women and other women at higher risk)
- Gonorrhea (for all women at higher risk)
- Interpersonal or domestic violence
- Osteoporosis (for women over age 60 depending on risk factors)

Medications and supplements:

- Folic acid supplements (for women of child-bearing ages)

Contraceptive products and services:

- Prescribed FDA-approved female over-the-counter or generic contraceptives² when filled at an in-network pharmacy
- Two visits a year for patient education and counseling on contraceptives is also covered under your Aetna medical plan

Covered preventive services for pregnant women

- Routine prenatal visits (you pay your normal cost share for delivery, postpartum care, ultrasounds or other maternity procedures, specialist visits and certain lab tests)
- Anemia screenings
- Diabetes screenings
- Bacteriuria urinary tract or other infection screenings
- Rh incompatibility screening, with follow-up testing for women at higher risk
- Hepatitis B counseling (at the first prenatal visit)
- Expanded counseling on tobacco use
- Breastfeeding interventions to support and promote breastfeeding after delivery, including up to six visits with a lactation consultant

Covered preventive supplies for pregnant women

- Certain standard electric breastfeeding pumps (non-hospital-grade) anytime during pregnancy or while you are breastfeeding once every three years
- Manual breast pump any time during pregnancy or after delivery for the duration of breastfeeding
- Breast pump supplies, if you get pregnant again before you are eligible for a new pump

For more information go to www.aetna.com and search for "breast pumps." Or call Member Services for details on how to use this benefit.

²Brand-name contraceptive drugs, methods or devices only covered with no member cost-sharing under certain limited circumstances when required by your doctor due to medical necessity.

Covered preventive services for children

Screenings and assessments for:

- Alcohol and drug use (for adolescents)
- Autism (for children at 18 and 24 months)
- Behavioral issues
- Cervical dysplasia (for sexually active females)
- Congenital hypothyroidism (for newborns)
- Developmental screening (for children under age 3, and surveillance throughout childhood)
- Hearing (for all newborns)
- Height, weight and body mass index measurements
- Lipid disorders (dyslipidemia screening for children at higher risk)
- Hematocrit or hemoglobin
- Hemoglobinopathies or sickle cell (for newborns)
- HIV (for adolescents at higher risk)
- Lead (for children at risk of exposure)
- Medical history
- Obesity
- Oral health (risk assessment for young children)
- Phenylketonuria (PKU) (newborns)
- Tuberculin testing (for children at higher risk of tuberculosis)
- Vision

Medications and supplements:

- Gonorrhea preventive medication for the eyes of all newborns
- Iron supplements (for children ages 6 to 12 months at risk for anemia)
- Oral fluoride for children 6 months to 5 years of age (prescription supplements for children without fluoride in their water source)

Counseling for:

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

Immunizations:

From birth to age 18 — doses, recommended ages and recommended populations vary

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

Important preventive health services for you and your family

This information is a summary of preventive health services recommendations for healthy adults and children with normal risk. Talk with your doctor to determine what preventive services are right for you and when you should have them.

Recommended preventive health screenings and vaccines for children

PKU, sickle cell hemoglobinopathies, hypothyroidism	Once — newborns
Hearing	Once — newborns before 1 month of age
Vision	Once — 3-5 years of age
Body Mass Index (BMI)	Periodically — 6-18 years of age
Depression	Routinely — 12-18 years of age
Hepatitis B (HepB)	3-4 doses — 1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age ¹ ; and 1 dose between 6-18 months of age
Hepatitis A (HepA)	2 doses — 1 dose between 12 and 23 months of age; and 1 dose 6-18 months later
Rotavirus (RV)	2-3 doses — 1 dose each at 2, 4, and 6 months of age ¹
Diphtheria-Tetanus-Pertussis (DTaP)	5 doses — 1 dose each at 2, 4, and 6 months of age; 1 dose between 15 and 18 months of age; and 1 dose between 4 and 6 years of age
Inactivated Polio Vaccine (IPV)	4 doses — 1 dose each at 2 and 4 months of age; 1 dose between 6 and 18 months of age; and 1 dose between 4 and 6 years of age
H. Influenzae Type B (Hib) (may be combined with DTaP)	3-4 doses — 1 dose each at 2, 4, and 6 months of age ¹ ; and 1 dose between 12 and 15 months of age
Pneumococcal Conjugate Vaccine (PCV)	4 doses — 1 dose each at 2, 4, and 6 months of age; and 1 dose between 12 and 15 months of age ²
Measles-Mumps-Rubella (MMR)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Chicken pox (varicella)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Influenza	Every flu season — beginning at 6 months of age ³
Meningococcal	2 doses — 1 dose between 11 and 12 years of age; and 1 dose at 16 years of age
Tetanus-Diphtheria-Pertussis (Tdap)	1 dose — 1 dose between 11 and 12 years of age if the childhood DTP/DTaP series is complete and the child has not received the Td booster dose
Human Papillomavirus (HPV)	3 doses for males and females — first dose between 11 and 12 years of age; second dose 2 months later; and third dose 6 months after the first dose

¹Dose dependent on vaccine type.

²Healthy children who have not yet turned 5, and children with medical conditions who have not yet turned 6, who completed the 4-dose series with PCV 7 should get one dose of PCV13.

³All children 6 months through 8 years of age getting the vaccine for the first time should receive two doses.

Recommended preventive health screenings and vaccines for adults

Blood pressure	Every 2 years — 18 years of age and older
Body Mass Index (BMI)	Periodically — 18 years of age and older
Cholesterol	Every 5 years — men 35 years of age and older; screen adult women if at risk for coronary artery disease
Mammogram¹	Every 1-2 years — women 40 years of age and older
Cervical cancer	Every 3 years — Pap smear for women 21-65 years of age. Women 30-65 years of age may have a Pap smear AND human papillomavirus (HPV) testing every 5 years. Talk with your doctor about the method of screening that is right for you.
Chlamydia	Routinely — women 24 years of age and younger if sexually active
Osteoporosis (bone density test)	Routinely — women 65 years of age and older
Prostate cancer	Men younger than 75 years of age — discuss pros and cons of prostate-specific antigen (PSA) testing with your doctor
Abdominal aortic aneurysm	Once — men 65-75 years of age who have ever smoked tobacco
Colorectal cancer	Between 50-75 years of age — yearly screening with high-sensitivity fecal occult blood testing, OR sigmoidoscopy every 5 years with high-sensitivity fecal occult blood testing every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Depression	Routinely — 18 years of age and older
Alcohol misuse	Routinely — 18 years of age and older
Tobacco use	Routinely — 18 years of age and older
Tetanus-Diphtheria-Pertussis (Td/Tdap)	1 dose Td every 10 years — 19 years of age and older; for 19-64 years of age, substitute a single dose of Td booster with Tdap
Influenza	Every flu season
Pneumococcal	1 dose — 65 years of age and older
Zoster	1 dose — 60 years of age and older

¹Mammography screening recommendations are based on the National Cancer Institute recommendations found at www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms as of 4/2/12.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) found online at www.ahrq.gov/clinic/prevenix.htm as of 4/2/12. The vaccine recommendations are based on the Centers for Disease Control and Prevention (CDC) found online at www.cdc.gov/vaccines as of 4/2/12. Recommendations change often. A full list of the most current recommendations may be accessed at these websites.

Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. The Aetna companies that offer, underwrite or administer benefit coverage include Aetna Health Inc., Aetna Health of California Inc., Aetna Dental Inc., Aetna Dental of California Inc., Aetna Life Insurance Company, Aetna Health Insurance Company of New York, and Aetna Health Administrators, LLC. (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

www.aetna.com

©2012 Aetna Inc.
20.03.419.1 C (4/12)



Health benefits and health insurance plans are offered, underwritten and/or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

This material is for information only. Health benefits and health insurance plans contain exclusion and limitations. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in OK include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

www.aetna.com

©2013 Aetna Inc.
00.03.537.1 C (8/13)

aetna[®]