

A close-up photograph of a man with a beard and a mustache, wearing a red and blue plaid shirt, smiling warmly as he holds a young child. The child, wearing a light blue long-sleeved shirt, is smiling broadly and playing a black acoustic guitar. The background is softly blurred, suggesting an indoor setting.

Live well

2022 Preventive Schedule

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2022 Preventive Schedule

Good news — your health benefits and insurance plan cover the services listed here with no cost share as part of preventive care.

Many of these services are covered as part of physical exams. These include regular checkups, routine gynecological exams and wellness exams for children. You won't have to pay out of pocket for these preventive visits when they are 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. In these cases, 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.

Questions?

-  Call your Aetna concierge team
-  Ask your doctor
-  Log in to your Aetna Navigator account

Adults: Ages 19+  Male  Female

General Health Care	
 Routine Checkup* (This exam is not the work- or school-related physical)	<ul style="list-style-type: none"> • Ages 19 to 49: Every 1 to 2 years • Ages 50 and older: Once a year
 Pelvic, Breast Exam	Once a year
Screenings/Procedures	
 Abdominal Aortic Aneurysm Screening	Ages 65 to 75 who have ever smoked: One-time screening
 Ambulatory Blood Pressure Monitoring	To confirm new diagnosis of high blood pressure before starting treatment - service is limited to once per calendar year
 Breast Cancer Genetic (BRCA) Screening (Requires prior authorization)	Those meeting specific high-risk criteria: One-time genetic assessment for breast and ovarian cancer risk
 Cholesterol (Lipid) Screening	<ul style="list-style-type: none"> • Ages 20 and older: Once every 5 years • High-risk: More often
 Colon Cancer Screening (Including Colonoscopy)	<ul style="list-style-type: none"> • Ages 45 and older: Every 1 to 10 years, depending on screening test • High-risk: Earlier or more frequently

* Routine checkup could include health history; physical; height, weight and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; and age-appropriate guidance.

Adults: Ages 19+

Screenings/Procedures (cont.)	
 Certain Colonoscopy Preps With Prescription	<ul style="list-style-type: none"> • Ages 50 and older: Once every 10 years • High-risk: Earlier or more frequently
 Diabetes Screening	High-risk: Ages 40 and older, once every 3 years
 Hepatitis B Screening	High-risk and pregnant women at their first prenatal visit
 Hepatitis C Screening	High-risk
 Lung Cancer Screening (Requires prior authorization)	Ages 50 to 80 with 20-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years
 Mammogram	Ages 40 and older: Once a year including 3-D
 Osteoporosis (Bone Mineral Density) Screening	Ages 60 and older: Once every 2 years
 Pap Test	Ages 21 and older: Per doctor's advice
 Sexually Transmitted Disease (STD) Screenings (Chlamydia, Gonorrhea, HIV and Syphilis)	Sexually active males and females
Immunizations	
 Chicken Pox (Varicella)	Adults with no history of chicken pox: One 2-dose series
 Diphtheria, Tetanus (Td/Tdap)	<ul style="list-style-type: none"> • One-time Tdap • Td booster every 10 years
 Flu (Influenza)	Every year (Must get at your PCP's office or designated pharmacy vaccination provider; call Member Service to verify that your vaccination provider is in the Aetna network)
 Haemophilus Influenzae Type B (Hib)	For adults with certain medical conditions to prevent meningitis, pneumonia and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine
 Hepatitis A	At-risk or per doctor's advice: One 2-dose series

* Routine checkup could include health history; physical; height, weight and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; and age-appropriate guidance.

* Meningococcal B vaccine per doctor's advice.

Adults: Ages 19+

Immunizations (cont.)		
 Hepatitis B	At-risk or per doctor's advice: One 3-dose series	
 Human Papillomavirus (HPV)	Ages 9 to 26: One 3-dose series	
 Measles, Mumps, Rubella (MMR)	One or two doses	
 Meningitis*	At-risk or per doctor's advice	
 Pneumonia	High-risk or ages 65 and older: One or two doses, per lifetime	
 Shingles (Zoster)	Ages 50 and older: One dose	
Preventive Care for Pregnant Women		
 Screenings and Procedures	<ul style="list-style-type: none"> • Gestational diabetes screening • Hepatitis B screening and immunization, if needed • HIV screening • Syphilis screening • Smoking cessation counseling 	<ul style="list-style-type: none"> • One depression screening for pregnant women and one for postpartum women • Rh typing at first visit • Rh antibody testing for Rh-negative women • Tdap with every pregnancy • Urine culture and sensitivity at first visit
Prevention and Counseling Services		
 Adults With BMI 25 to 29.9 (Overweight) and 30 to 39.9 (Obese) Are Eligible For:	<ul style="list-style-type: none"> • Additional annual preventive office visits specifically for obesity and blood pressure measurement • Additional nutritional counseling visits specifically for obesity 	<ul style="list-style-type: none"> • Recommended lab tests: <ul style="list-style-type: none"> - ALT - AST - Hemoglobin A1c or fasting glucose - Cholesterol screening
 Counseling for:	<ul style="list-style-type: none"> • Alcohol misuse • Domestic violence • Nutritional diet (for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease) 	<ul style="list-style-type: none"> • Obesity • Sexually transmitted infection (STI) prevention (for adults at higher risk) • Tobacco use (including programs to help you stop using tobacco)
 Breast-feeding (Lactation) Support and Counseling, and Costs for Equipment	During pregnancy and/or after delivery (postpartum)	

* Routine checkup could include health history; physical; height, weight and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; and age-appropriate guidance.

* Meningococcal B vaccine per doctor's advice.

Children's health preventive schedule

Children: Birth to 30 Months¹ 

General Health Care	Birth	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M
Routine Checkup* (This exam is not the preschool- or day care-related physical.)	●	●	●	●	●	●	●	●	●	●	●
Hearing Screening	●										
Screenings											
Autism Screening									●	●	
Critical Congenital Heart Disease (CCHD) Screening With Pulse Oximetry	●										
Developmental Screening						●		●		●	
Hematocrit or Hemoglobin Screening							●				
Lead Screening						●					
Newborn Blood Screening	●										
Immunizations											
Chicken Pox							Dose 1				
Diphtheria, Tetanus, Pertussis (DTaP)			Dose 1	Dose 2	Dose 3			Dose 4			
Flu (Influenza)**						Ages 6 months to 30 months: 1 or 2 doses annually					
Haemophilus Influenzae Type B (Hib)			Dose 1	Dose 2	Dose 3		Dose 4				
Hepatitis A							Dose 1		Dose 2		
Hepatitis B	Dose 1		Dose 2			Dose 3					
Measles, Mumps, Rubella (MMR)							Dose 1				
Pneumonia			Dose 1	Dose 2	Dose 3		Dose 4				
Polio (IPV)			Dose 1	Dose 1	Ages 6 months to 18 months: Dose 3						
Rotavirus			Dose 1	Dose 2	Dose 3						

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. Additional: Instrument vision screening to assess risk for ages 1 and 2 years. ** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Aetna network.

Children: 3 Years to 18 Years¹



General Health Care	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y	
Routine Checkup* (This exam is not the preschool- or day care-related physical.)	●	●	●	●	●	●	●	●	Once a year from ages 11 to 18				
Ambulatory Blood Pressure Monitoring**												●	
Depression Screening									Once a year from ages 11 to 18				
Hearing Screening		●	●	●		●		●		●	●		
Visual Screening***	●	●	●	●		●		●		●	●	●	
Screenings													
Hematocrit or Hemoglobin Screening			Annually for females during adolescence and when indicated										
Lead Screening	When indicated (Please also refer to your state-specific recommendations)												
Immunizations													
Chicken Pox		Dose 2									If not previously vaccinated: Dose 1 and 2 (4 weeks apart)		
Diphtheria, Tetanus, Pertussis (DTaP)		Dose 5			1 dose of Tdap if 5 doses were not received previously							1 dose every 10 yrs.	
Flu (Influenza)**	Ages 3 to 18: 1 or 2 doses annually												
Human Papillomavirus (HPV)							Provides long-term protection against cervical and other cancers. Ages 9 to 26: 3 doses. From dose 1, dose 2 at 2 months, dose 3 at 6 months.						
Measles, Mumps, Rubella (MMR)		Dose 2 (at least 1 month apart from dose 1)											

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. ** To confirm new diagnosis of high blood pressure before starting treatment. *** Covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4 and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit. **** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Aetna network. ***** Meningococcal B vaccine per doctor's advice.

Children: 3 Years to 18 Years¹

Immunizations (cont.)												
	3Y	4Y	5Y	6Y	7Y	8Y	9Y	10Y	11Y	12Y	15Y	18Y
Meningitis*****									Dose 1			Age 16: One-time booster
Pneumonia	Per doctor's advice											
Polio (IPV)			Dose 4									
Care for Patients With Risk Factors												
BRCA Mutation Screening (Requires prior authorization)					Per doctor's advice							
Cholesterol Screening	Screening will be done based on the child's family history and risk factors											
Fluoride Varnish (Must use primary care doctor)	Ages 5 and younger											
Hepatitis B Screening									Per doctor's advice			
Hepatitis C Screening											High-risk	
Sexually Transmitted Disease (STD Screenings) (Chlamydia, Gonorrhea, HIV and Syphilis)									For all sexually active individuals			
Tuberculin Test									Per doctor's advice			

* Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. ** To confirm new diagnosis of high blood pressure before starting treatment. *** Covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4 and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit. **** Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Aetna network. ***** Meningococcal B vaccine per doctor's advice.

Children: 6 Months to 18 Years

Prevention of Obesity and Heart Disease	
Children With a BMI in the 85th to 94th Percentile (Overweight) and the 95th to 98th Percentile (Obese) Are Eligible For:	<ul style="list-style-type: none"> • Additional annual preventive office visits specifically for obesity • Additional nutritional counseling visits specifically for obesity • Recommended lab tests: <ul style="list-style-type: none"> - Alanine aminotransferase (ALT) - Aspartate aminotransferase (AST) - Hemoglobin A1c or fasting glucose (FBS) - Cholesterol screening

Women's Health Preventive Schedule

Services	
Well-Woman Visits (Including preconception and first prenatal visit)	Up to 4 visits each year for age and developmentally appropriate preventive services
Contraception (Birth Control) Methods and Discussion*	All women planning or capable of pregnancy
Screenings/Procedures	
Diabetes Screening	<ul style="list-style-type: none"> • All women between 24 and 28 weeks pregnant • High-risk: At the first prenatal visit
HIV Screening and Discussion	All sexually active women: Once a year
Human Papillomavirus (HPV) Screening Testing	Beginning at age 30: Every 3 years Considered preventive when performed with cervical cancer screening
Domestic and Intimate Partner Violence Screening and Discussion	Once a year
Sexually Transmitted Infections (STI) Discussion	All sexually active women: Once a year

Exclusions and limitations

This plan does not cover all health care expenses and includes exclusions and limitations. Members should refer to their plan documents to determine which health care services are covered and to what extent.

* FDA-approved contraceptive methods may include sterilization and procedures as prescribed. One form of contraception in each of the 18 FDA-approved methods is covered without cost sharing. If the doctor recommends a clinical service or FDA-approved item based on medical necessity, there will be no cost sharing.

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