Preventive care covered with no cost sharing

Get checkups, screenings, vaccines, prenatal care, contraceptives and more with no out-of-pocket costs
Good news — your health benefits and insurance plan cover the services listed here with no cost share* as part of preventive care.

*Employers 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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).
Coverage 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, 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.

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
- High blood pressure screening
- Cholesterol (for adults of certain ages or at higher risk)
- Colorectal cancer (for adults over age 50)
- Depression
- Type 2 diabetes (for adults with high blood pressure)
- Human immunodeficiency virus (HIV)
- Obesity
- Prostate cancer (for men ages 40 and older)
- Tobacco use
- Lung cancer (for adults ages 55 and over with a history of smoking), effective on renewal on or after January 1, 2015
- Syphilis (for all adults at higher risk)

**Medicine and supplements:**
- Aspirin up to 81 mg for women up to the age of 45 at risk of preeclampsia and up to 81 mg for men and women from age 50 to 69 with certain cardiovascular risk factors
- Vitamin D supplements for adults ages 65 and older with certain conditions
- Tobacco-cessation medicine approved by the U.S. Food and Drug Administration (FDA), including over-the-counter medicine when prescribed by a health care provider and filled at a participating pharmacy
- Bowel preparation medication (for preventive colorectal cancer screening)
- Low dosage statins: simvastatin 10 mg and atorvastatin 5 mg/10 mg. Covered for members from age 40 to 75 with no history of cardiovascular disease (CVD), one or more CVD risk factors and a calculated ten-year CVD event risk of 10 percent or greater (effective November 1, 2017)

**Counseling for:**
- Alcohol misuse
- Domestic violence
- Nutritional 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.*
- Tetanus, Diphtheria, pertussis (Tdap)
- Hepatitis A and B
- Herpes zoster
- Human papillomavirus (HPV)
- Influenza
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chickenpox)
Covered preventive services for women

Screenings and counseling for:
- BRCA (counseling and genetic testing for women at high risk with no personal history of breast and/or ovarian cancer)
- Breast cancer chemoprevention (for women at higher risk)
- Breast cancer (mammography every one to two 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)

Medicine and supplements:
- Folic acid supplements (for women of childbearing ages)
- Risk-reducing medicine such as tamoxifen and raloxifene for women ages 35 and older at increased risk for breast cancer, effective October 1, 2014

Contraceptive products and services*:
- Prescribed FDA-approved female over-the-counter or generic contraceptives** when filled at a network pharmacy
- Two visits a year for patient education and counseling on contraceptives
- Voluntary sterilization services

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 (nonhospital grade) anytime during pregnancy or while you are breastfeeding, once every three years
- Manual breast pump anytime 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 aetna.com and search for “breast pumps.” Or call Member Services for details on how to use this benefit.

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)
- Development screening (for children under age 3, and surveillance throughout childhood)
- Hearing (for all newborns)
- Height, weight and body mass index
- Lipid disorders (dyslipidemia screening for children at higher risk)
- Hematocrit or hemoglobin
- Hemoglobinopathies or sickle cell (for newborns)
- Human immunodeficiency virus (HIV) (for adolescents at higher risk)
- Lead (for children at risk for exposure)
- Medical history
- Obesity
- Oral health (risk assessment for young children)
- Phenylketonuria (PKU) (for newborns)
- Tuberculin testing (for children at higher risk of tuberculosis)
- Vision

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

**Certain eligible religious employers and organizations may choose not to cover contraceptive services as part of the group health coverage.
Medicine and supplements:
- Gonorrhea preventive medicine for the eyes of all newborns
- Oral fluoride for children 6 months through 11 years of age (prescription supplements for children without fluoride in their water source)
- Topical application of fluoride varnish by primary care providers

Counseling for:
- Obesity
- STI prevention (for adolescents at higher risk)

Immunizations:
From birth to age 18 — doses, recommended ages and recommended populations vary.
- Tdap/DTaP
- Haemophilus influenzae type B
- Hepatitis A and B
- HPV
- Inactivated poliovirus
- Influenza
- MMR
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus
- Varicella (chickenpox)

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. The following is a partial list of services and supplies that are generally not covered. However, your plan documents may contain exceptions to this list based on the plan design or rider(s) purchased.

- All medical and hospital services not specifically covered in, or which are limited or excluded by, your plan documents, including costs of services before coverage begins and after coverage terminates
- Cosmetic surgery
- Custodial care
- Dental care and dental X-rays
- Donor egg retrieval
- Durable medical equipment
- Experimental and investigational procedures (except for coverage for medically necessary routine patient care costs for members participating in a cancer clinical trial)
- Hearing aids
- Home births
- Immunizations for travel or work
- Implantable drugs and certain injectable drugs including injectable infertility drugs
- Infertility services including, but not limited to, artificial insemination and advanced reproductive technologies such as in vitro fertilization (IVF), zygote intrafallopian transfer (ZIFT), gamete intrafallopian transfer (GIFT), intracytoplasmic sperm injection (ICSI) and other related services unless specifically listed as covered in your plan documents
- Nonmedically necessary services or supplies
- Orthotics except diabetic orthotics
- Outpatient prescription drugs (except for treatment of diabetes), unless covered by a prescription plan rider and over-the-counter medicine (except as provided in a hospital) and supplies
- Radial keratotomy or related procedures
- Reversal of sterilization
- Services for the treatment of sexual dysfunction or inadequacies, including therapy, supplies or counseling
- Special-duty nursing
- Therapy or rehabilitation other than what is listed as covered in the plan documents
- Weight-control services including surgical procedures, medical treatments, weight-control/loss programs, dietary regimens and supplements, appetite suppressants and other medicine, food or food supplements, exercise programs, exercise or other equipment, and other services and supplies that are primarily intended to control weight or treat obesity, including morbid obesity, or for the purpose of weight reduction, regardless of the existence of comorbid conditions
This information is subject to change as regulations are issued and interpretation evolves. This information should not be considered legal guidance regarding the Affordable Care Act or its potential impact. Consult your legal or regulatory adviser for guidance. The content described in this communication is not intended to be legal or tax advice and should not be construed as such. The intent is to provide information only. We encourage you to consult with your legal counsel and tax experts for legal and tax advice. This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits may vary by location. Health benefits plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Plan features and availability may vary by location and group size. Providers are independent contractors and not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features are subject to change. Aetna receives rebates from drug manufacturers that may be taken into account in determining Aetna's Preferred Drug List. Rebates do not reduce the amount a member pays the pharmacy for covered prescriptions. 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 aetna.com.
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 risks. Talk with your doctor to see what screenings and vaccines are right for you and when you should have them.

<table>
<thead>
<tr>
<th>Recommended preventive health screenings and vaccines for children</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phenylketonuria (PKU), sickle cell disease, hypothyroidism</strong></td>
</tr>
<tr>
<td>Once — newborns</td>
</tr>
<tr>
<td><strong>Hearing</strong></td>
</tr>
<tr>
<td>Once — newborns before 1 month of age</td>
</tr>
<tr>
<td><strong>Vision</strong></td>
</tr>
<tr>
<td>Once — 3 – 5 years of age</td>
</tr>
<tr>
<td><strong>Body mass index (BMI)</strong></td>
</tr>
<tr>
<td>Periodically — 6 – 18 years of age</td>
</tr>
<tr>
<td><strong>Depression</strong></td>
</tr>
<tr>
<td>Routinely — 12 – 18 years of age</td>
</tr>
<tr>
<td><strong>Tobacco use prevention</strong></td>
</tr>
<tr>
<td>Routinely — school-age children and adolescents</td>
</tr>
<tr>
<td><strong>Hepatitis B (HBV)</strong></td>
</tr>
<tr>
<td>3 – 4 doses — 1 dose at birth; 1 dose 1 – 2 months later; 1 dose at 4 months of age; and 1 dose between 6 and 18 months of age</td>
</tr>
<tr>
<td><strong>Hepatitis A (HAV)</strong></td>
</tr>
<tr>
<td>2 doses — 1 dose between 12 and 23 months of age; and 1 dose 6 – 18 months later</td>
</tr>
<tr>
<td><strong>Rotavirus (RV)</strong></td>
</tr>
<tr>
<td>2 – 3 doses — 1 dose each at 2, 4 and 6 months of age</td>
</tr>
<tr>
<td><strong>Diphtheria-tetanus-pertussis (DTaP)</strong></td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td><strong>Inactivated polio vaccine (IPV)</strong></td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td><strong>H. influenzae type B (Hib)</strong></td>
</tr>
<tr>
<td>3 – 4 doses — 1 dose each at 2, 4 and 6 months of age; and 1 dose between 12 and 15 months of age</td>
</tr>
<tr>
<td><strong>Pneumococcal conjugate vaccine (PCV)</strong></td>
</tr>
<tr>
<td>4 doses — 1 dose each at 2, 4 and 6 months of age; and 1 dose between 12 and 15 months of age</td>
</tr>
<tr>
<td><strong>Measles-mumps-rubella (MMR)</strong></td>
</tr>
<tr>
<td>2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age</td>
</tr>
<tr>
<td><strong>Chicken pox (varicella)</strong></td>
</tr>
<tr>
<td>2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age</td>
</tr>
<tr>
<td><strong>Influenza</strong></td>
</tr>
<tr>
<td>Every flu season — beginning at 6 months of age</td>
</tr>
<tr>
<td><strong>Meningococcal</strong></td>
</tr>
<tr>
<td>2 doses — 1 dose between 11 and 12 years of age; and 1 dose at 16 years of age</td>
</tr>
<tr>
<td><strong>Tetanus-diphtheria-pertussis (Tdap)</strong></td>
</tr>
<tr>
<td>1 dose — 1 dose between 11 and 12 years of age</td>
</tr>
<tr>
<td><strong>Human papillomavirus (HPV)</strong></td>
</tr>
<tr>
<td>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</td>
</tr>
</tbody>
</table>

1Dose dependent on vaccine type.
2Children 14 – 59 months of age who completed the PCV7 series should get a supplemental dose of PCV13.
3All children 6 months through 8 years of age getting the vaccine for the first time should receive 2 doses 4 weeks apart.

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### Recommended preventive health screenings and vaccines for adults

<table>
<thead>
<tr>
<th>Screening</th>
<th>Frequency</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure</td>
<td>Every 2 years</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Body mass index (BMI)</td>
<td>Periodically</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Every 5 years</td>
<td>Men 35 years of age and older; screen adult women if at risk for coronary artery disease</td>
</tr>
<tr>
<td>Mammogram</td>
<td>Every 1–2 years</td>
<td>Women 40 years of age and older</td>
</tr>
<tr>
<td>Cervical cancer</td>
<td>Every 3 years</td>
<td>Women 21–65 years of age. Women 30–65 years of age may have a Pap smear and HPV testing every 5 years. Talk with your doctor about the method of screening that is right for you.</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>Routinely</td>
<td>Women 24 years of age and younger if sexually active</td>
</tr>
<tr>
<td>Osteoporosis (bone density test)</td>
<td>Routinely</td>
<td>Women 65 years of age and older</td>
</tr>
<tr>
<td>Abdominal aortic aneurysm</td>
<td>Once</td>
<td>Men 65–75 years of age who have ever smoked tobacco</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>Between 50 and 75 years of age</td>
<td>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.</td>
</tr>
<tr>
<td>Hepatitis C (HCV)</td>
<td>Once</td>
<td>Adults born between 1945 and 1965. People at high risk for infection should also be screened.</td>
</tr>
<tr>
<td>Human immunodeficiency virus (HIV)</td>
<td>Once</td>
<td>15–65 years of age. Talk to your doctor about when screening should be repeated.</td>
</tr>
<tr>
<td>Depression</td>
<td>Routinely</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Alcohol misuse</td>
<td>Routinely</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>Routinely</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Intimate partner violence</td>
<td>Routinely</td>
<td>Women of childbearing age</td>
</tr>
<tr>
<td>Tetanus-diphtheria-pertussis (Td/Tdap)</td>
<td>1 dose Tdap, then Td every 10 years</td>
<td>18 years of age and older</td>
</tr>
<tr>
<td>Influenza</td>
<td>Every flu season</td>
<td></td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>1 dose</td>
<td>65 years of age and older</td>
</tr>
<tr>
<td>Zoster</td>
<td>1 dose</td>
<td>60 years of age and older</td>
</tr>
</tbody>
</table>

*Mammography screening recommendations are based on the National Cancer Institute recommendations found at [www.cancer.gov/cancertopics/factsheet/detection/mammograms](http://www.cancer.gov/cancertopics/factsheet/detection/mammograms) as of February 18, 2014.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) found online at [www.uspreventiveservicestaskforce.org/recommendations.htm](http://www.uspreventiveservicestaskforce.org/recommendations.htm) as of February 18, 2014. The vaccine recommendations are based on the Centers for Disease Control and Prevention (CDC) found online at [www.cdc.gov/vaccines/schedules/](http://www.cdc.gov/vaccines/schedules/) as of February 18, 2014. 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.

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