2023 Preventive Services Reference Guide for Members

In accordance with the Patient Protection and Affordable Care Act of 2.010 (PPACA), many preventive services, including screening tests and immunizations, are covered by UPMC Health Plan at no cost to members. Below is a list of services that should be covered without a copayment or coinsurance and without the need to meet your deductible as long as the services are delivered by a network provider and in compliance with the terms of the preventive recommendation. Please be aware that this list may be amended from time to time to comply with federal requirements. A complete listing of recommendations and guidelines can always be found at healthcare.gov/coverage/preventive-care-benefits.

Please note: Routine preventive exams may result in specific diagnoses from your doctor or the need for follow-up care. If you require follow-up care or if you re already being treated for a condition, injury, or illness, services related to such care may not be considered preventive and may result in health care expenses, such as copayments and coinsurance. This is true even if the services are included on the list below. If you have any questions, call your Health Care Concierge team at **1-888-876-2756 (TTY: 711).**

Under some plans that are "grandfathered" under the PPACA, you may have to pay all or part of the cost of relative preventive services. Please refer to your specific Schedule of Benefits.

Covered Preventive Services for Adults Ages 19 and Older

EXAMINATION AND COUNSELING

Clinical indicator	Ages 19-29	Ages 30-39	Ages 40-49	Ages 50-64	Ages 65+					
Blood pressure		Annually as part of a physical or well-visit								
Depression		Each visit as appropriate.								
General physical exam		Annually.								
Obesity prevention in ก idlife members			Annual counseling for midlife me normal or overweight body mas to maintain weight or limit weig include an individualized discuss physical acti	s index (18-29.9 kg/m2) ht gain. Counseling may ion of healthy eating and						
Screen/Counsel/Refer for tobacco use, alcohol misuse, substance use, skin cancer, healthy diet, and/or intimate partner violence	Each visit as appropriate.									
Sexually transmitted infection (STI) prevention counseling	Each visit for high-risk adults.									
Weight loss to prevent obesity-related morbidity and mortality	Offer o	Offer or refer adults with a body mass index (BMI) of 30 or higher to intensive, multicomponent behavioral interventions.								

PREVENTIVE MEASURES

Clinical indicator	Ages 19-29	Ages 30-39	Ages 40-49	Ages 50-64	Ages 65+			
Abdominal aortic aneurysm screening					One-time screening with ultrasonography in men ages 65-75 years who have smoked.			
Anxiety screening	Screening intervals based upon clinical judgment.							
Aspirin use for the prevention of cardiovascular disease (CVD) and colorectal cancer				Members ages 50-59 with a 10% or greater 10-year cardiovascular risk.*				
Blood pressure monitoring	If blood		al monitoring with home blood pressingnosis of high blood pressure befo		r's office			
BRCA screening and counseling	One-time genetic assessment for members with a personal or family history of breast, ovarian, tubal, or peritoneal cancer, as recommended by their doctor. Members with positive screening results should receive genetic counseling and, if indicated after counseling, BRCA testing.							
Breast cancer preventive medications	Risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, for members ages 35 or old who are at increased risk for breast cancer and at low risk for adverse medication effects.*							
Breast cancer screening	Annually.							

Covered Preventive Services for Adults Ages 19 and Older (cont'd)

PREVENTIVE MEASURES

Clinical indicator	Ages 19-29	Ages 30-39		Ages 40-49	Ages 50-64	Ages 65+			
Cervical cancer screening	For members ages 21-29, screening every three years with cervical cytology alone.			5, screening every three years with testing alone, or every five years v					
Chlamydia screening	Sexually active members ages 24 and younger.			Members who ar	e at increased risk.				
Colorectal cancer screening				at average risk previous ad that predisp (fecal occult recommendatio	enomatous polyp(s), previous colo oses them to a high risk of colorec blood test, sigmoidoscopy, and co n. Frequency of screening depends	ot have inflammatory bowel disease, prectal cancer, or a family history stal cancer. Screening procedures conoscopy) are subject to provider son recommended procedure. Bowel criptions per year.* Contact Member			
Contraception		Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling.* Limitations may apply for brand drugs with an available generic alternative. If your provider recommends a brand drug with an available generic, your provider may submit an exception request to have the brand drug covered without cost sharing. See Cost-Sharing Exceptions form included with this reference guide.							
Diabetes mellitus, type 2 (after pregnancy)	Members with a negative initial pe	ostpartum screening test r st result, testing to confirm	esult shoul the diagno	d be rescreened at least every thre	e years for a minimum of .O years a ess of the initial test. Repeat testing	nosed with type 2 diabetes mellitus. Ifter pregnancy. For members with a is indicated for members who were			
Gonorrhea screening	Sexually active members ages 24 and younger.								
Fall prevention						Community-dwelling members ages 65 and older who are at increased risk for falls may receive exercise interventions to aid in fall prevention.			
Hepatitis B screening			i i	Members who are at increased risk					
Hepatitis C virus infection screening				3-79 who are considered low risk fo have not been diagnosed with liver		o have not been diagnosed with liver sk following clinical assessment.			
Human immunodeficiency virus (HIV) infection prevention	Pre-ex	posure prophylaxis (PrEP)	with effect	ive antiretroviral therapy for memb	ers who are at high risk of HIV acq	uisition.*			
Human immunodeficiency virus (HIV) screening		Members ages 15-6	5 and/or s	exually active members who are yo	unger than 15 or older than 65.				
Lung cancer screening					and currently smoke or have quit	e a 20 pack per year smoking history within the past 15 years may receive ening at a Center of Excellence.			
Osteoporosis screening				to prevent osteoporotic fractures in sis, as determined by a formal clin		One-time screening for osteoporosis with bone density testing to prevent osteoporotic fractures in women 65 years and older.			
Prediabetes and type 2 diabetes screening			Scree	ening for prediabetes and type 2 dia	abetes in adults ages 35 to 70 who	are overweight or obese.			
Statin use for the prevention of cardiovascular disease (CVD)				Members ages 40-75 with no hist	ory of CVD, one or more CVD risk t event risk of 10% or greater.*	actors, and a calculated 10-year CVD			

Covered Preventive Services for Adults Ages 19 and Older (cont'd)

PREVENTIVE MEASURES

Clinical indicator	Ages 19-29	Ages 30-39	Ages 40-49	Ages 50-64	Ages 65+				
Syphilis screening	Members who are at increased risk.								
Tobacco cessation medications ¹	Up to 180 days of pharmacotherapy per year, as prescribed by your doctor, for members age 18 and older who smoke.*								
Latent tuberculosis infection screening	Members who are at increased risk.								
Urinary incontinence	Annually.								

Pharmacotherapy approved by the Food and Drug Administration and identified as effective for treating tobacco dependence in nonpregnant adults. Coverage includes several forms of generic nicotine replacement therapy (gum, lozenge, and transdermal patch), sustained-release bupropion, Nicotrol inhaler, and Chantix.

PREVENTIVE SERVICES FOR PREGNANCIES

Clinical indicator	
Alcohol use screening	Expanded counseling and interventions for pregnant members.
Aspirin use for the prevention of pre-eclampsia	Pregnant members who are at high risk for preeclampsia after 12 weeks of gestation.*
Bacteriuria screening	Screening for asymptomatic bacteriuria using urine culture in pregnant members.
Breastfeeding	Comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies for pregnant and nursing members.
Chlamydia and gonorrhea screening	Pregnant members ages 24 and younger or pregnant members 25 and older who are at increased risk.
Folic acid supplements (< 1 mg)	Members who are or may become pregnant.*
Gestational diabetes screening	Members 24-28 weeks pregnant and at first prenatal visit for those at high risk of developing gestational diabetes.
Healthy weight and weight gain in pregnancy: Behavioral counseling interventions	Behavioral counseling for interventions aimed at promoting healthy weight gain and preventing excess weight gain in pregnancy.
Hepatitis B virus infection screening	Screening for pregnant members at their first prenatal visit.
HIV screening	Screening for pregnant members.
Perinatal depression	Screen or refer members for depression counseling for all pregnant and postpartum (less than one year) members.
Pre-eclampsia screening	Screening in pregnant members with blood pressure measurements throughout pregnancy.
Rh(D) incompatibility screening	Screening for pregnant members at first prenatal visit and follow-up testing for pregnant members with increased risk.
Syphilis screening	Early screening for pregnant members.
Tobacco use screening	Screen pregnant members for tobacco use and (if applicable) advise to stop use and provide behavioral interventions for tobacco cessation.

^{*}Member must have pharmacy benefits through UPMC Health Plan. Prescription required. Preventive coverage of prescription drugs is limited to generics unless a medical exception is authorized or for certain contraceptive categories where generics are not available. Preventive coverage of contraception includes at least one medication or device in each of the Food and Drug Administration-identified methods. Some devices are covered only under the medical benefit. For questions about preventive coverage of contraceptives or other prescription drugs, please contact our Health Care Concierge team at the number on your member ID card.

Recommended Immunization Schedule for Adults

VACCINE▼ AGE GROUP ►	19-26 years	27-49 years		60-64 years	≥ 65 years				
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication								
Hepatitis A		2 or 3 doses d	epending on vaccin	e					
Hepatitis B		2 or 3 doses d	epending on vaccin	e					
Human papillomavirus (HPV) (female and male)	2 or 3 doses depending on age at initial vaccination or condition								
Influenza* (flu shot)		1 dos	e annually						
Measles, mumps, rubella (MMR)*		1 or 2 doses depending on indication							
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication†								
Meningococcal B (MenB)^		2 or 3 doses dep	ending on indicatio	n^					
Pneumococcal (PCV15, PCV20, PPSV23)		1 dose PCV15, followed by PPSV23 OR 1 dose PCV20			1 dose PC15, followed by PPSV23 OR 1 dose PCV20				
Tetanus, diphtheria, pertussis (Td/Tdap)		1 dose Tdap, then Td o	r Tdap booster eve	ry 10 yrs					
Varicella (VAR)	2 doses (if born	2 doses (if born in 1980 or later)							
Zoster live (ZVL)		1 dose for those 60 years and older							
Zoster recombinant (RZV)				2	doses				

†Special situations for MenACWY:

• Anatomical or functional asplenia (including sickle cell disease), HiV infection, persistent complement component deficiency, complement inhibitor (e.g., eculizumab, ravulizumab) use: Two-dose series MenACWY (Menactra, Menveo) at least eight weeks apart and revaccinate every five years if risk remains.

or other indication)

Recommended if some other risk factor is present

(e.g., on the basis of medical, occupational, lifestyle,

Range of recommended ages for nonrisk groups that

may receive vaccine = subject to individual clinical

decision making

- Travel in countries with hyperendemic or epidemic meningococcal disease, microbiologists routinely exposed to Neisseria meningitidis: One dose MenACWY (Menactra, Menveo) and revaccinate every five years if risk remains
- First-year college students who live in residential housing (if not previously vaccinated at age 16 years or older) and military recruits: One dose MenACWY (Menactra, Menveo)

Shared clinical decision making for MenB:

• Adolescents and young adults ages 16-23 years (ages 16-18 years preferred) not at increased risk for meningococcal disease: Based on shared clinical decision making, two-dose series MenB-4C at least one month apart, or two-dose series MenB-FHbp at 0 and 6 months (if dose two was administered less than six months after dose one, administer dose three at least four months after dose two); MenB-4C and MenB-FHbp are not interchangeable (use same product for all doses in series).

Special situations for MenB:

- Anatomical or functional asplenia (including sickle cell disease), persistent complement component deficiency, complement inhibitor (e.g., eculizumab, ravulizumab) use, microbiologists routinely exposed to *Neisseria meningitidis:* Two-dose primary series MenB-4C (Bexsero) at least one month apart, or three-dose primary series MenB-FHbp (Trumenba) at 0, 1–2, and 6 months (if dose two was administered at least six months after dose one, dose three is not needed); MenB-4C and MenB-FHbp are not interchangeable (use same product for all doses in series); one dose MenB booster one year after primary series and revaccinate every two to three years if risk remains.
- Pregnancy: Delay MenB until after pregnancy unless at increased risk and vaccination benefits outweigh potential risks.

For all persons in this category who meet the age requirements and who lack

vaccine recommended regardless of prior episode of zoster

documentation of vaccination or have no evidence of previous infection, zoster

Covered Preventive Services for Children

SCREENINGS

Services						Infancy				
Services	Birth to 1 mo	2-3 mos	4-5 mos	6-8 mos	9-11 mos	12 mos	15 mos	18 mos	24 mos	30 mos
Anemia screening						×				
Autism screening								×	×	
Behavioral assessments	×	×	×	×	×	×	×	×	×	×
Body mass index (BMI) measurements									×	×
Critical congenital heart defect	×									
Developmental screening					×			×		×
Developmental surveillance	×	×	×	×		×	×		×	
Fluoride supplements			Fo	or children ages 6 m	onths through 16 ye	ears whose water s	upply is deficient in	fluoride.*		
Fluoride varnish to primary teeth				All children a	nnually beginning a	at first primary toot	h eruption to 5 year	rs.		
Gonorrhea (preventive medication)	×									
Hearing	Once at birt before end o									
Hearing tests	*	×				May be comple	ted up to 30 month	S.		
Hepatitis B (HBV)				Children	at increased risk as	determined by clir	nical assessment.			
Lead screening						×			×	Ages 30 months to 5 years and as required by local or state law.
Newborn bilirubin	*									
Newborn blood (including RUSP)	×	×								
Skin cancer behavioral counseling							Children with fair s	skin.		
Tuberculosis testing				As recommende	ed by doctor and ba	sed on history and,	or signs and sympt	coms.		
Vision				Asse	ess through observa	ation or health histo	ory/physical.			
Well-child, including height and weight	×	×	×	×	×	×	×	×	×	×

^{*}Member must have pharmacy benefits through UPMC Health Plan. Prescription required. Preventive coverage of prescription drugs is limited to generics unless a medical exception is authorized. For questions about preventive coverage of contraceptives or other prescription drugs, please contact our Health Care Concierge team at the number listed on your member ID card.

Covered Preventive Services for Children (cont'd)

SCREENINGS

Services								Chile	dhood							
Services	3 yrs	4 yrs	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs
Behavioral assessments		Annually.														
Blood pressure								Ann	ually.							
Body mass index (BMI) measurements								Ann	ually.							
Cholesterol dyslipidemia screening	X X							×								
Depression, anxiety, and suicide risk										Screen/0	Counsel for r	najor depres in adoles	ssive disorde scents throu	er (MDD), a gh age 21.	nxiety and s	suicide risk
Developmental surveillance								Anr	nually	18		-		-	01	
Fluoride supplements				For child	lren ages 6	months thro	ugh 16 years	s whose wat	er supply is	deficient in	fluoride.*					
Fluoride varnish to primary teeth						All children	annually be	ginning at fi	rst primary t	ooth eruption	on to 5 years	5.				
Hearing		×	×	×		×		×			X			×		Once b/t 18-21 yrs.
Hepatitis B (HBV)	Children at increased risk as determined by clinical assessment.															
Hepatitis C															,	×
Human immunodeficiency virus (HIV)**									Children		l risk as dete ssessment.	rmined by	includi participa	ing those wh te in injection other STIs, s	risk of HIV ir o are sexuall n drug use, o should be tes sed annually	y active, r are being ted for HIV
Lead screening	Ages 30 m	onths to 5 y	years and as state law.													
Obesity screening						·		•	Annua	ally though 1	8 years.		i.		·	
Screen/Counsel for alcohol and drug use, sexually transmitted infections, tobacco use, and intimate partner violence as needed									Annually.							
Sickle cell test							As indica	ated by histo	ory and/or s	ymptoms.						
Skin cancer behavioral counseling								Children w	ith fair skin.							
Sudden cardiac arrest/death										А	nnually or a	s clinically a	ppropriate t	hrough age	21.	
Tuberculosis testing					As	recommend	led by docto	or and based	on history a	and/or signs	and sympto	oms.				
Vision	All child receive ar	dren ages 3- 1 amblyopia	5 should screening.							Annually.						
Well-child, including height and weight								Ann	ually.							

^{*}Member must have pharmacy benefits through UPMC Health Plan. Prescription required. Preventive coverage of prescription drugs is limited to generics unless a medical exception is authorized. For questions about preventive coverage of contraceptives or other prescription drugs, please contact our Health Care Concierge team at the number on your member ID card.

^{**}The United States Preventive Services Task Force suggests that clinicians weigh all these factors when considering PrEP use in adolescents at high risk of HIV acquisition (jamanetwork.com/journals/jama/fullarticle/2735509).

Recommended Immunization Schedule for Children

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19-23 mos	2-3 yıs	4-6 yrs	7/-10 y	rs 11-	2 yrs	13-15 yrs	16-18
COVID-19									Follow C	DC Interim CO	OVID-19 Vaco	ination Sched	ule.	· ·			
Dengue (DEN4CYD; 9-16 yrs)														3-dose end	series S emic ar	eropositive in eas only.	
Diphtheria, tetanus, and acellular pertussis (DTaP: < 7 yrs)			1st dose	2nd dose	3rd dose			4th	dose			5th dose	20				
Haemophilus influenzae Lype b (Hib)			1st dose	2nd dose			3rd or	4th dose									
Hepatitis A (HepA)								2-dos	e series [¥]								
Hepatitis B (HepB)	1st dose	2nd	dose				3rd dose										
Human papillomavirus (HPV)															dose eries		
Inactivated poliovirus (IPV) (< 18 yrs)			1st dose	2nd dose			3rd dose					4th dose	10:-				
nfluenza (flu shot), (IIV) 2 doses for some							,	Annual vacci	nation, 1 or 2	doses				Ann	ual vacc	ination, 1 dose	
Measles, mumps, rubella (MMR)							1st	dose				2nd dose					
Meningococcal (MenACWY-D ≥ 9 mos, MenACWY-CRM ≥ 2 mos)														1st	dose		2nd dose
Meningococcal B																	
Pneumococcal conjugate (PCV13)			1st dose	2nd dose	3rd dose		4th	dose									
Pneumococcal polysaccharide (PPSV23)																A. A.	
Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series)			1st dose	2nd dose													
Tetanus, diphtheria, and acellular pertussis (Tdap: ≥ 7 yrs)														-	- [dap		
Varicella (VAR)							1-4	dose			÷	2nd dose					

high-risk groups

for catch-up immunization



vaccine, subject to individual clinical decision making

for all children

^{*}Hepatitis A (HepA): Two doses should be administered six months apart. Recommended minimum age for first dose is 12 months.

^{*}Dengue Vaccine: Age 9–16 years living in dengue endemic areas AND have laboratory confirmation of previous dengue infection. Three doses should be administered 6 months apart at 0, 6, and 12 months.

UPMC HEALTH PLAN

Prior authorization form

Cost-Sharing Exceptions for Contraceptives - Commercial and CHIP

Phone: 1-800-979-UPMC (8762) **Fax:** 412-454-7722

Providers should complete this form and submit via fax, or submit a request online at upmc.promptpa.com.

Patient name:		No.	Prescriber name:						
UPMC member ID#:			Prescriber specialty:						
Date of birth:		Age:	Office contact:						
Drug name and strength:	N		NPI:						
☐ Brand ☐ Generic			Fax:	Phone:					
Frequency:	Quantity disp (units):	ensed	If medication is ongoing, did improvement while on thera;						
Ceneric-equivalent dru	ıgs wili be subst	ituted for brand	-name drugs unless you specific	ally indicate otherwise.					
Place of administration (if bi ☐ Physician's office ☐ Ho	lling medically) ospital/Facility		me □ Other						
Please provide hospital/facil medically): Name: Phone: Address:			Please indicate how medication will be billed: □ Billed directly by the provider via JCODE JCODE						
하면 가는 일이 맛있다고 하면 얼마나 되었다. 맛이라면 하다는 말이 되었다면 하는 요요 나가 되었다면 되었다.			on the form. An expedited review ed with such condition or other per						
Q1. Is this request for new o	r continuation o	of therapy? □ Contina	ation						
Q2. Please provide start date	e of medication								
Q3. Please provide the mem	ber's diagnosis	or medical con	dition.						
Q4. Please provide any medi therapy, and reason for o	V.		t the member's condition, inclu	uding dosage, dates of					
Q5. Is this contraceptive met	hod/medicatio	n medically nec □ No	essary for the member?						
Q6. Please provide the clinic for the member.	al rationale for	why this contra	ceptive method/medication is	medically necessary					

UPMC HEALTH PLAN

Prior authorization form Cost-sharing exceptions for HIV PrEP – Commercial and CHIP

Phone: 1-800-979-UPMC (8762) Fax: 412-454-7722

To submit a request online, please visit <u>upm¬.pro.пр:ра.зо.п.</u>

Patient name:		Prescriber name:						
UPMC member ID#:		Prescriber specialty:						
Date of birth:	Age:	Office contact.						
Drug name and strength:		NPI:						
☐ Brand ☐ Generic	27	Fax:	Phone:					
Frequency:	Quantity dispensed (units):	If medication is ongoing, did t improvement while on therap						
5-14-70 NR	75 THE THE PART OF	-name arugs unless you specific	ally indicate otherwise.					
Place of administration (if billing Physician's office O Hos	g medically): spital/Facility	home Other						
Please provide hospital/facility	information	Please indicate how medicat	ion will be billed:					
(if billing medically):		3illed directly by the provider via JCODE						
Name:		JCODE:						
Phone:		Billed by a pharma y and						
Address:		Billed by a pharmacy and delivered to the patient						
Please indicate if an expedited review in places the health or safety of the person	, , ,		dered when a co::dit.on exists that					
Q1. Is this request for new or co	ntinuation of therapy?							
☐ New ☐ Continuatio	n							
Q2. Please provide start date of	medication.							
Q3. Please provide the member	's diagnosis.							
Q4. Is the member HIV positive	?	-						
Yes No								

Q5. Is the member at high risk of HIV infection?
Yes No
Q6. Has the member tried the following preferred medication for this condition?
Emtricitabine 200 mg/tenofovir disoproxil fumarate 300 mg (generic Truvada)
Please provide chart documentation that includes the duration of treatment with emtricitabine 200 mg/tenofovir disoproxil fumarate 300 mg and laboratory or other objective clinical metrics, if applicable.
Q7. For all medications previously tried to treat the member's condition, please include dosages, dates of therapy, and reasons for discontinuation.
Q8. Did the member experience side effects with emtricitabine 200 mg/tenofovir disoproxil fumarate 300 mg (generic Truvada)? Yes No
Q9. If yes and requesting emtricitabine 200 mg/trnofovir alafenamide 25 mg (Descovy), please provide rationale for why these side effects would not be expected to occur with emtricitabine 200 mg/tenofovir alafenamide 25 mg (Descovy).
Q10. For emtricitabine 200 mg/tenofovir alafenamide 25 mg (generic Descovy) and cabotegravir (generic Apretude), please provide clinical rationale for prescribing the requested medication instead of emtricitabine 200 mg/tenofovir disoproxil fumarate 300 mg (generic Truvada). Please include why this medication would not be as effective as the requested therapy.

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