

SERVICE	RECOMMENDED AGES/FREQUENCY
<p>Initial Preventive Physical Examination (IPPE) (“Welcome To Medicare” Preventive Visit) – includes medical/social history review, depression screen, functional ability and safety screen, height, weight, BMI, blood pressure, visual acuity screen, end-of-life planning, optional screening EKG, and education, counseling, and referral for other Medicare-covered preventive services as appropriate</p>	<p>Once per lifetime, within 12 months of enrollment in a Medicare Part B program</p> <p><i>Medicare’s quick reference chart describing the IPPE in more depth is available:</i> http://www.cms.hhs.gov/MLNProducts/downloads/MPS_QRI_IPPE001a.pdf</p> <p><i>Medicare’s quick reference chart describing <u>all</u> preventive services, including applicable medical codes, is available:</i> https://www.cms.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html</p>
<p>Annual Wellness Visit (AWV) Advance Care Planning (ACP)^{17, 18}</p>	<p>Once per 12 month period; must begin no sooner than 12 months after above exam (IPPE) or if no IPPE then may occur in the 13th month after Part B eligibility began</p>
<p>Obesity Counseling</p>	<p>If BMI ≥ 30, may have up to 22 visits within a 12 month period with one face-to-face or group Intensive Behavioral Therapy (IBT) counseling visit weekly for the first month followed by one counseling visit every other week for months 2-6; if ≥ 6.6 pound weight loss is documented by end of month 6, then one additional face-to-face counseling visit every month for months 7-12 is covered; if < 6.6 pound weight loss is documented by end of month 6, a reassessment of the Member’s willingness to change and BMI is appropriate after an additional 6 month period.</p>
<p>Medicare Diabetes Prevention Program (MDPP)¹⁸</p>	<p>Members with <u>prediabetes</u> may be eligible to begin and maintain diabetes prevention services from a MDPP participating provider.</p>
<p>Diabetes Self-Management Training (DSMT)</p>	<p>If diabetic, up to 10 hours of initial training within a continuous 12-month period; up to 2 hours of follow-up training for each calendar year after the initial 10 hours of training have been completed</p>
<p>Medical Nutrition Therapy (MNT)</p>	<p>If diabetic or Member with kidney disease or one who has received a kidney transplant within the last 36 months, 3 hours of one-on-one counseling with a registered dietician or nutrition professional in the first year; 2 hours of such counseling for each subsequent year</p>
<p>Lung Cancer Screening Counseling</p>	<p>One counseling/shared decision-making visit must be made prior to the first low dose chest CT scan (LDCT); subsequent counseling per 12 month period as needed¹⁵</p>

Alcohol Misuse Screening/Counseling	One screening per 12 month period; if positive, up to a maximum of four brief face-to-face counseling sessions per 12 month period with no more than 1 session per day
Smoking/Tobacco Use Cessation Counseling	Two cessation attempts per 12 month period (each cessation attempt includes a maximum of four intermediate or intensive counseling sessions), regardless of any tobacco-related disease
Cardiovascular Disease (CVD) Counseling	One face-to-face CVD risk reduction visit per 12 month period for Intensive Behavioral Therapy (IBT) counseling
Sexually Transmitted Infections (STIs) Counseling	Two face-to-face STI prevention visits per 12 month period for High Intensity Behavioral Counseling (HIBC)
SCREENINGS	RECOMMENDED AGES/FREQUENCY
Depression Screening	One screening per 12 month period
<u>One or two of:</u> Total Serum Cholesterol; High Density Lipoprotein (HDL) [direct measurement]; Triglycerides	Once per 60 month period for Members without signs/symptoms of CV disease
Lipid panel [includes the above 3 measures <i>and is an <u>alternative</u></i>]	Once per 60 month period for Members without signs/symptoms of CV disease
Fasting Plasma Glucose and/or Post-glucose Challenge Test ^{2, 18}	One screening test every 6 months for pre-diabetic Members One screening test per 12 month period for all others at risk ² for diabetes but never tested or not diagnosed with pre-diabetes
HIV Test	One screening test per 12 month period for those younger than 15 or older than 65 at increased risk ¹¹ for infection; for pregnant Members, up to three tests per pregnancy; one test per 12 month period for those between 15 and 65 without regard to perceived risk
Hepatitis B Test	One time screening test for asymptomatic non-pregnant adolescent and adult Members at high risk ¹⁶ for hepatitis B. Pregnant women should be screened at their first prenatal visit for each pregnancy and rescreened at delivery for those with new or continued risk factors. ¹⁶ One repeat screening test per 12 month period for Members at continued high risk ¹⁶
Hepatitis C Test	One-time screening test for Members not at high risk and born from 1945 through 1965; initial screening for Members at high risk with a current or past history of illicit injection drug use and also for Members who received blood transfusions before 1992 One repeat screening test per 12 month period for Members at continued high risk ¹⁴

STI Testing ¹⁰	<p>One screening test per 12 month period for men at increased risk¹¹ for syphilis</p> <p>One screening test per 12 month period for non-pregnant women at increased risk¹¹ for <u>each</u> STI -- Chlamydia, gonorrhea and syphilis</p> <p>Up to two occurrences per pregnancy of screening for Chlamydia and gonorrhea in pregnant women who are at increased risk for STIs and continued increased risk for the second screening¹¹</p> <p>One occurrence per pregnancy of screening for syphilis in pregnant women; up to an additional two occurrences per pregnancy of screening for syphilis in pregnant women if the Member is at continued increased risk for STIs¹¹</p> <p>One occurrence per pregnancy of screening for hepatitis B in pregnant women; one additional occurrence per pregnancy of screening for hepatitis B in pregnant women who are at continued increased risk for STIs¹¹</p>
Digital Rectal Exam with Prostate Specific Antigen Test	Once per 12 month period for male Members age 50 and older
Clinical Breast Exam; Pelvic Exam with Pap Smear	Once every 24 months for all female Members not at high risk; once every 12 months if at high risk ¹²
Pap Smear/HPV DNA co-testing	Asymptomatic females age 30–65: once per 60 month period
Glaucoma Screening	One screening per 12 month period for Members at high risk ³
Routine Hearing Exam ¹³	Once per calendar year, if a covered benefit ¹³
Abdominal Ultrasound	One-time screening for abdominal aortic aneurysm (AAA) for male Members ages 65-75 who have smoked at least 100 cigarettes in their lifetime <u>or</u> for Members of <u>any</u> age/gender with a family history of AAA, a personal history of other vascular aneurysms, coronary artery disease, cerebrovascular disease, atherosclerosis, hypercholesterolemia, obesity and hypertension
Mammogram [may also include screening digital breast tomosynthesis as well as computer-aided detection]	<p>One initial baseline screening for female Members ages 35-39</p> <p>One screening per 12 month period for female Members age 40 and older</p>
Bone Mass Measurement	One screening test every 2 years for high-risk ⁴ Members; more frequently if medically necessary
Fecal Occult Blood Test ⁵	Once per 12 month period for Members age 50 and older
Flexible Sigmoidoscopy	Once per 48 month period for Members age 50 and older (unless the Member does not meet the criteria for high risk ⁶ for colorectal cancer <u>and</u> the Member had a screening colonoscopy within the past 10 years)
Colonoscopy	<p>Once per 24 month period for Members at high risk⁶ for colorectal cancer</p> <p>Once per 120 month period for Members not at high risk⁶ for colorectal cancer (unless the Member had a covered screening flexible sigmoidoscopy within the past 4 years)</p>

Barium Enema X-ray ⁷	Once per 24 month period for Members at high risk ⁶ for colorectal cancer Once per 48 month period for Members age 50 and older not at high risk ⁶ for colorectal cancer (unless the Member does not meet the criteria for high risk ⁶ for colorectal cancer <u>and</u> the Member had a screening colonoscopy within the past 10 years)
Multi-target Stool DNA (sDNA) Test (Cologuard™)	Once per 36 month period for Members ages 50-85 who have no symptoms or signs of colorectal disease and who are not at high risk ⁶ for colorectal cancer
Low Dose Chest CT Scan (LDCT)	Once per 12 month period for Members ages 55-77 who have no signs/symptoms of lung cancer, have a tobacco smoking history of at least 30 pack-years and are current smokers <i>or</i> have quit smoking within the last 15 years ¹⁵
IMMUNIZATIONS	RECOMMENDED AGES/FREQUENCY
Influenza (Flu) [includes H1N1]	Once per flu season (flu season = August through March); additional flu shots if medically necessary
Pneumococcal Vaccines (PCV13/PPSV23)	An initial pneumococcal vaccine to all Members who have never received a pneumococcal vaccine A different, second vaccine should be given one year after the first vaccine ⁸
Hepatitis B (HBV)	One series of vaccine for Members at intermediate or high risk for hepatitis B ¹⁶ [PRODUCT SPECIFIC]

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* Services that need to be performed more frequently than stated due to specific health needs of the Member and that would be considered medically necessary may be eligible for coverage when submitted with the appropriate diagnosis and procedure(s) and are covered under the core medical benefit.

- ¹ The Routine Hearing Test remains as the only intervention which is provided in excess of traditional Medicare Part B coverage (see below, footnote #13).
- ² Members with one of the following are eligible: hypertension, dyslipidemia, obesity (BMI ≥ 30), or prior diagnosis of elevated impaired fasting glucose or glucose intolerance. Members with two of the following are also eligible: overweight (BMI > 25 but < 30), family history of diabetes, age 65 years or older, or personal history of gestational diabetes or giving birth to a baby weighing > 9 pounds.
- ³ High-risk criteria are: a family history of glaucoma; or personal history of diabetes; or African-American age 50 and older; or Hispanic-American age 65 and older.
- ⁴ Members with any of the following are eligible: estrogen-deficient female Members at risk for osteoporosis, Members with certain spinal abnormalities evident by x-ray, Members receiving (or expected to get) long-term

(more than 3 months) corticosteroid therapy, Members with primary hyperparathyroidism, or Members being monitored to assess the response to FDA-approved osteoporosis drug therapy.

- ⁵ For guaiac-based testing, six stool samples are obtained (2 samples on each of 3 consecutive stools, while on appropriate diet, collected at home). For immunoassay testing, specific manufacturer's instructions are followed.
- ⁶ High-risk criteria are: a close relative (sibling, parent, or child) who has had colorectal cancer or an adenomatous polyp; or a family history of familial adenomatous polyposis; or a family history of hereditary nonpolyposis colorectal cancer; or a personal history of adenomatous polyps; or a personal history of colorectal cancer; or a personal history of inflammatory bowel disease, including Crohn's Disease and ulcerative colitis.
- ⁷ Covered as an alternative to either a screening flexible sigmoidoscopy or a screening colonoscopy.
- ⁸ According to current guidelines set forth by the Centers for Disease Control and Prevention (CDC) [www.cdc.gov], PCV13 is intended to be the initial vaccine and PPSV23 the second vaccine. However, prior pneumococcal vaccination history should be taken into consideration, as the reverse order may sometimes be justified. Receiving multiple vaccinations of the same vaccine type is not generally recommended.
- ⁹ Capital BlueCross considers Members to be "high risk" in accordance with the guidelines set forth by the Centers for Disease Control and Prevention (CDC) [www.cdc.gov]
- ¹⁰ Covered screenings are for Chlamydia, gonorrhea, syphilis and/or Hepatitis B. Recommendations for screening of pregnant women are too detailed for inclusion here – refer to Centers for Medicare & Medicaid Services (CMS) [www.cms.gov]
- ¹¹ Increased risk criteria are based upon US Preventive Services Task Force (USPSTF) guidelines AND include any Medicare beneficiary who asks for the testing [<http://www.ahrq.gov/clinic/uspstfix.htm>]
- ¹² High-risk criteria are: women with a high risk for developing cervical or vaginal cancer or those of childbearing age with an abnormal Pap test within past 3 years.
- ¹³ This intervention is provided in excess of traditional Medicare Part B coverage but it is *not* a covered benefit for all BlueJourney options. [*Excluded* from this extra benefit are BlueJourney Essential HMO and BlueJourney Classic PPO.]
- ¹⁴ Continued high-risk: Members who have had continued illicit injection drug use since the prior negative screening test.
- ¹⁵ Initial/subsequent lung cancer screening visits and written orders for eligible LDCT scans require certain medical record elements, which are too detailed for inclusion here – refer to Centers for Medicare & Medicaid Services (CMS) [www.cms.gov]
- ¹⁶ High-risk is defined as persons born in countries and regions with a high prevalence of hepatitis B virus (HBV) infection (i.e., $\geq 2\%$), US-born persons not vaccinated as infants whose parents were born in regions with a very high prevalence of HBV infection (i.e., $\geq 8\%$), HIV-positive persons, men who have sex with men, injection drug users and household contacts or sexual partners of persons with HBV infection. Continued high-risk refers to men who have sex with men, injection drug users and household contacts or sexual partners of persons with HBV infection AND who do not receive hepatitis B vaccination.
- ¹⁷ ACP must be performed by the same provider on the same date as a paid AWV to be considered as a preventive service.
- ¹⁸ MDPP fact sheet about Member eligibility: https://innovation.cms.gov/Files/x/MDPP_Overview_Fact_Sheet.pdf; MDPP search tool for participating providers/organizations: https://nccd.cdc.gov/DDT_DPRP/Registry.aspx.

Reference Sources: Centers for Medicare & Medicaid Services; Novitas Solutions; Centers for Disease Control and Prevention (CDC)

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