

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

aetna<sup>SM</sup>

# Preventive care covered with no cost sharing

.....  
You can get checkups, screenings, vaccines,  
prenatal care, contraceptives and more with  
no out-of-pocket costs.



**Good news!** Your plan covers the services listed here with no cost share 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.

This year there are new benefits for women's preventive services, including preventive prenatal care, contraceptives, lactation counseling and breast pumps. You won't have to pay anything for these services when:

- The doctor or other health care provider is in our network and the main purpose of your visit is to get preventive care
- You choose generic contraceptives<sup>1</sup>
- You buy a breast pump according to the guidelines of your plan

That means no copayment and no coinsurance. You don't have to meet your deductible first.

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 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

### 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)

### Counseling for:

- Alcohol misuse
- Aspirin use for men and women of certain ages and cardiovascular risk factors
- 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)

<sup>1</sup>Brand-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.

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. HMO and Aetna Open Access® HMO plans and QPOS® and Aetna Choice® POS in-network and out-of-network referred benefits are underwritten by: Aetna Health Inc., Aetna Health of California Inc.; and in Arizona and Texas by Aetna Health Inc. Self-referred benefits are underwritten by these insurance companies that provide indemnity plan coverage: Aetna Health Insurance Company of New York and Aetna Health Insurance Company; and in Arizona and Texas by Aetna Health Insurance Company. For self-funded accounts, benefits coverage is offered by the plan sponsor, with administrative services only provided by 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.**

## Covered preventive services for women

### Screenings for:

- 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)

### Counseling for:

- BRCA (counseling about genetic testing for women at higher risk)
- Breast cancer chemoprevention (for women at higher risk)
- Folic acid supplements (for women of child-bearing ages)

### Contraceptive services:

- FDA-approved contraceptive methods (including certain generic contraceptive drugs, if you have an Aetna pharmacy plan)
- Two visits a year for patient education and counseling on contraceptives, 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
- Certain standard electric breastfeeding pumps (non-hospital-grade) within 60 days of birth, once every three years, or manual breast pump within 12 months of birth, if you have not received an electric or a manual breast pump in the last three years; check [www.aetna.com](http://www.aetna.com) or call Member Services for details on how to use this benefit
- Breast pump supplies, if you get pregnant again before you are eligible for a new pump

## 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)

### Counseling for:

- Fluoride (prescription chemoprevention supplements for children without fluoride in their water source)
- 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
- Hepatitis B
- Human papillomavirus
- Inactivated poliovirus
- Influenza
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus
- Varicella (chicken pox)

This material is for information only. Health benefits plans contain exclusions 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](http://www.aetna.com).

[www.aetna.com](http://www.aetna.com)

©2012 Aetna Inc.  
00.03.537.1 A (9/12)

**aetna**<sup>SM</sup>