



# FACT SHEET

## The Affordable Care Act, Your Health Plan, and You: Preventive Services

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Did you know California health plans offer a number of FREE preventive services with no out-of-pocket cost to you? Under the Affordable Care Act, many check-ups, screenings, immunizations, and counseling services are covered at 100% without co-pays, deductibles, or co-insurance\* as long as you stay within your health plan's network. Contact your health plan to find out which services are available to you and how to find an in-network provider.



### Adult Screenings & Treatments

- Aspirin use for men and women of certain ages
- Blood pressure screening for all adults and type 2 diabetes screening for adults with high blood pressure
- Cholesterol screening for adults of certain ages or at higher risk
- Obesity screening and counseling for all adults
- Colorectal cancer screening for adults 50+
- Abdominal aortic aneurysm one-time screening for men 65-75 who have ever smoked
- HIV screening for all adults at higher risk
- Immunizations for certain at-risk populations such as seasonal flu shots and vaccines for Hepatitis A, Hepatitis B, Shingles, HPV, chicken pox, whooping cough, and others
- Tobacco use screening for all adults and tobacco cessation services for tobacco users
- Syphilis screening for all adults at higher risk
- STD prevention counseling for adults at higher risk

### For Women

- Well-woman visits for women under 65
- Mammography every 1-2 years for women over 40
- Breast cancer prevention medication counseling for women at higher risk
- Genetic testing counseling for women at higher risk for breast cancer
- Cervical cancer screening for sexually active women
- Chlamydia screening for younger women and women at higher risk
- FDA-approved contraceptives, sterilization procedures, family planning counseling
- Gonorrhea screening for all women at higher risk
- HIV screening and counseling for sexually active women
- HPV DNA testing every three years for women 30+ with normal Pap test (more often for abnormal)
- Osteoporosis screening for women 60+ with risk factors
- STD counseling for all sexually active women

### Pregnancy-Related Services

- Folic acid supplements (for women who may become pregnant)
- Hepatitis B screening at first prenatal visit
- Rh incompatibility screening and follow-up testing for women at higher risk
- Expanded tobacco counseling for pregnant tobacco users
- Syphilis screening
- UTI or other bacterial infection screening
- On-going anemia screenings
- Gestational diabetes screening at 24-28 weeks and those at high risk
- Breastfeeding support, counseling, and supplies (for pregnant and nursing women)

### Education & Counseling for Adults

- Alcohol misuse screening and counseling
- Depression screening
- Diet counseling for adults at higher risk for chronic disease
- Obesity counseling for all adults
- Tobacco use screening for all adults and tobacco cessation services for tobacco users
- Domestic violence screening and counseling for all women

Please contact Sunshine Moore at [smoore@calhealthplans.org](mailto:smoore@calhealthplans.org) or 916.558.1545 with any questions about this fact sheet.

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The California Association of Health Plans (CAHP) is a statewide trade association representing 40 full-service health care plans. Through legislative advocacy, education, and collaboration with other member organizations, CAHP works to sustain a strong environment in which our member plans can provide access to products that offer choice and flexibility to the more than 21 million Californians they serve.

### For Newborns

- Congenital hypothyroidism screening
- Gonorrhea preventive medication for eyes
- Hearing screening
- PKU screening
- Sickle cell screening

### For Young Children

- Autism screening at 18 and 24 months
- Developmental screening for children under 3, surveillance throughout childhood
- Iron supplements for children 6-12 months at risk for anemia
- Oral health risk assessment for children under 10

### For Adolescents

- Alcohol and drug use assessments for adolescents
- Depression screening for adolescents
- HPV screening for sexually active females
- HIV screening for adolescents at higher risk
- STD prevention and counseling for adolescents at higher risk

### For All Children

- Well-baby and well-child visits
- Height, weight and BMI measurements
- Immunizations from birth to age 18 for certain vaccines, doses, ages, and population groups
- Blood pressure screening
- Cholesterol screening for children at higher risk of lipid disorders
- Medical history throughout development
- Obesity screening and counseling
- Behavioral assessments
- Fluoride supplements for children without fluoridated water
- Hematocrit or hemoglobin screening
- Lead screening for children at risk of exposure
- Tuberculosis testing for children at higher risk
- Vision screening

\* Cost-sharing requirements subject to federal regulations and guidance and in accordance with state law. For more information, contact your health plan.

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