

Preventive Health Care for Adults

A simplified summary of recommended routine services





WYOMING

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Preventive care is essential for maintaining your health and identifying potential concerns early. As a part of your health plan, many routine services — such as screenings, checkups, and vaccinations — are available **at no cost** when you use an **in-network provider**.

Some services are only covered once per year or at specific intervals. If additional services are provided during your visit, they may result in out-of-pocket costs. The chart below highlights the most common preventive benefits for adults (age 19 and up). **It's not a full list, and your plan may cover higher frequencies of the screenings listed below, but it's a good place to start.**

 MEN'S PREVENTIVE CARE TIMELINE		 WOMEN'S PREVENTIVE CARE TIMELINE	
SERVICE	FREQUENCY	SERVICE	FREQUENCY
Yearly Preventive Health Visit <small>This exam is not for work or school requirements</small>	Annually (once per calendar year)	Yearly Preventive Health Visit <small>This exam is not for work or school requirements</small>	Annually (once per calendar year)
Lipid Panel (Blood Test) <small>Screens for risk of heart disease or stroke</small>	One every five calendar years	Lipid Panel (Blood Test) <small>Screens for risk of heart disease or stroke</small>	One every five calendar years
Aortic Aneurysm Screening (Ultrasound Test) <small>Screens main artery for problems</small>	One lifetime screening Age 65+	Osteoporosis Screening (Imaging) <small>Screens bone strength for Osteoporosis risk</small>	Once every two calendar years
Lung Cancer Screening (Imaging) <small>For those with a history of smoking, screens for early signs of cancer before symptoms occur</small>	Annually (once per calendar year) Age 50–81	Lung Cancer Screening (Imaging) <small>For those with a history of smoking, screens for early signs of cancer before symptoms occur</small>	Annually (once per calendar year) Age 50–81
Type 2 Diabetes Screening (Blood Test) <small>Screens blood sugar for early signs of diabetes</small>	Two per calendar year	Type 2 Diabetes Screening (Blood Test) <small>Screens blood sugar for early signs of diabetes</small>	Two per calendar year
Guided Tobacco Cessation	Eight visits each calendar year	Guided Tobacco Cessation	Eight visits each calendar year
Tobacco Cessation Products	180-day supply	Tobacco Cessation Products	180-day supply
Nutrition and Lifestyle Coaching	12 visits each calendar year	Nutrition and Lifestyle Coaching	12 visits each calendar year
COLON CANCER SCREENING		Annual Women's Health Screening Pelvic Exam, Pap Smear, Breast Exam	Annually (once per calendar year)
Colonoscopy	Once every 10 calendar years	BRCA Blood Test Measures Hereditary Cancer Risk	Annually (once per calendar year)
Flexible Sigmoidoscopy	Once every 5 calendar years	Mammogram (Imaging) Screens for breast cancer	Annually (once per calendar year)
Cologuard® (Stool DNA Test)	Once every 3 calendar years	Birth Control Prescriptions and Implants	No limits to number of prescriptions or devices. Check prescription drug formulary to confirm coverage for birth control: MyPrime.com
Fecal Occult Blood Test (FOBT)	Once every calendar year	Pregnancy Test (Urine Sample)	No limit
CT Colonography (Virtual Colonoscopy)	Once every 5 calendar years	Colon Cancer Screening, Age 45–76	[See chart at left]

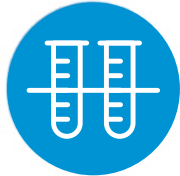
QUESTIONS? Email Population Health at PopulationHealth@bcbswy.com or call 1-866-204-7132.
Subject to change without notice. Plans vary. Eligibility restrictions may apply.

RECOMMENDED WELL-CHILD VISITS, VACCINATIONS & SCREENINGS

Children from Birth — 18 Years Old



Well-Child Visit



Blood Screen



Vaccination



Vision/Hearing Screen



Screening Questionnaire

*These are guidelines. Care is individualized for each patient. Yearly flu vaccination is always recommended.

AGE	RECOMMENDED VACCINES & SCREENINGS	AGE	RECOMMENDED VACCINES & SCREENINGS
Birth		18 months	
3-10 days		24 months	
1 month		30 months	
2 months		3 years	
4 months		4 years	
6 months		5-8 years	
9 months		9-10 years	
12 months		11 years	
15 months		12-18 years	

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