

Preventive services covered under the Affordable Care Act

Under the Affordable Care Act, some preventive health care services are covered at no cost to you when delivered by a provider within your plan's network. However, if a new or existing health problem is discussed during a preventive health care visit, a separate office visit will be billed as required by national coding and billing guidelines. This means you may be subject to out-of-pocket charges (copay, coinsurance, or deductible) for these additional services.

Quartz covers routine physical exams, routine gynecological exams, routine child health exams, and immunizations related to preventive services covered under the Affordable Care Act for covered children up to age 26.

Covered preventive services for adults

- **Abdominal Aortic Aneurysm** one-time screening for men of specified ages who have ever smoked
- **Alcohol misuse** screening and counseling
- **Anxiety** screening, once annually
- **Blood Pressure** screening for all adults
- **Blood Pressure** screening outside the clinical setting for adults age 40 or older
- **Chlamydia Infection** screening
- **Cholesterol** screening for adults of certain ages or at higher risk
- **Colorectal Cancer** screening for adults ages 45 to 75
- **Depression** screening for adults
- **Diabetes (Type 2)** screening for adults who are overweight
- **Diet counseling** for adults at higher risk for chronic disease
- **Falls prevention** exercise or physical therapy and vitamin D supplementation to prevent falls in community-dwelling adults aged 65 and older who are at increased risk for falls
- **Gonorrhea** screening
- **Hepatitis B** screening for non-pregnant adults at high risk for infection
- **Hepatitis C** screening for adults ages 18 to 79
- **HIV** screening for everyone ages 15 to 65 and others at increased risk
- **HIV Preexposure Prophylaxis (PrEP)** drugs for everyone ages 15 to 65 and others at increased risk
- **Immunization vaccines** for adults — doses, recommended ages, and populations vary:

- | | |
|------------------------------|--------------------------|
| • Diphtheria | • Meningococcal |
| • Hepatitis A | • Mumps |
| • Hepatitis B | • Pertussis |
| • Herpes Zoster* | (Whooping Cough) |
| • Human Papillomavirus (HPV) | • Rubella |
| • Inactivated Poliovirus | • SARS-CoV-2 (COVID-19) |
| • Influenza (Flu Shot) | • Tetanus |
| • Measles | • Varicella (Chickenpox) |

*Depending on the Zoster vaccine, it may be covered as early as age 50.

- **Lung Cancer** screening of adults ages 50 to 80 years with a history of smoking
- **Obesity** prevention, screening, and counseling
- **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk

- **Skin Cancer** counseling for children, adolescents, and young adults aged 10 to 24 who have fair skin
- **Statin** preventive medication for adults aged 40 to 75 at high risk for cardiovascular disease
- **Syphilis** screening for all adults at higher risk
- **Tobacco use** screening for all adults and cessation interventions for tobacco users
- **Tuberculosis Infection** screening for adults at higher risk for infection
- **Unhealthy drug use** screening for adults

Covered preventive services for women, including pregnant women

- **Anemia** screening on a routine basis for pregnant women
- **Bacteriuria** urinary tract or other infection screening for pregnant women
- **Breast Cancer Genetic Test Counseling (BRCA)** for women at higher risk for breast cancer
- **Breast Cancer Mammography** screenings every one to two years for women age 40 and older, including 3D mammography screenings
- **Breast Cancer Chemoprevention** counseling for women at higher risk
- **Breast Cancer Preventive** medications
- **Breastfeeding** comprehensive support and counseling from trained providers and access to breastfeeding and milk storage supplies for pregnant and nursing women
- **Cervical Cancer** screening for sexually active women
- **Contraceptives** Food and Drug Administration-approved contraceptive methods, sterilization procedures, patient education and counseling, and follow-up care, as prescribed by a health care provider for women with reproductive capacity. This does not apply to health plans sponsored by certain exempt "religious employers."
- **Diabetes (Type 2)** screening for undiagnosed women with a history of Gestational Diabetes
- **Domestic and interpersonal violence** screening and counseling for all women
- **Folic Acid** supplements for women who may become pregnant
- **Gestational Diabetes** screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- **Healthy weight** counseling for pregnant women

- **Hepatitis B** screening for pregnant women at their first prenatal visit
- **Human Immunodeficiency Virus (HIV)** screening and counseling for sexually active women
- **Human Papillomavirus (HPV)** DNA test every three years for women with normal cytology results who are 30 or older
- **Low-dose Aspirin** used as a preventive medication for pregnant women who are at high risk for preeclampsia (after 12 weeks of gestation)
- **Osteoporosis screening** for women age 60 and older depending on risk factors
- **Preeclampsia** screening for all pregnant women
- **Perinatal depression** screening for pregnant or postpartum women at increased risk
- **Rh Incompatibility** screening for all pregnant women and follow-up testing for women at higher risk
- **Sexually Transmitted Infections (STI)** counseling for sexually active women at increased risk
- **Syphilis** screening for all pregnant women or other women at increased risk
- **Tobacco use** screening and interventions for all women and expanded counseling for pregnant tobacco users
- **Well-woman visits** to obtain recommended services for women aged 65 and younger
- **Urinary incontinence** screening for all women

Covered preventive services for children

- **Alcohol and drug use** assessments for adolescents
- **Anxiety screening** once annually
- **Autism screening** for children at 18 and 24 months
- **Behavioral, social, and emotional** screening for children and adolescents
- **Blood Pressure** screening for children ages 0 to 17
- **Cervical Dysplasia** screening for sexually active females
- **Congenital Hypothyroidism** screening for newborns
- **Depression and suicide risk** screening for adolescents
- **Developmental screening** for children under age 3
- **Dyslipidemia screening** for children at higher risk of lipid disorders ages 1 to 17 years
- **Fluoride application** to the primary teeth of all infants and children up to age five, starting at the age of primary tooth eruption
- **Fluoride Chemoprevention** supplements for children aged 6 months to 5 years without fluoride in their water source
- **Gonorrhea** preventive medication for the eyes of all newborns
- **Hearing screening** periodically until age 21
- **Height, weight, and body mass index** measurements for children ages 0 to 17 years

- **Hematocrit or Hemoglobin** screening for children
- **Hemoglobinopathies or sickle cell** screening for newborns
- **Hepatitis B** infection risk assessment for newborns or screening for non-pregnant adolescents at high risk for infection
- **HIV screening** for adolescents and young adults at higher risk
- **Immunization** vaccines for children from birth to age 18 — doses, recommended ages, and recommended populations vary:

- | | |
|---------------------------------|------------------------------|
| • Diphtheria | • Mumps |
| • Haemophilus influenzae type B | • Pertussis (Whooping Cough) |
| • Hepatitis A | • Pneumococcal** |
| • Hepatitis B | • Rotavirus |
| • Human Papillomavirus (HPV) | • Rubella |
| • Inactivated Poliovirus | • SARS-CoV-2 (COVID-19) |
| • Influenza (Flu Shot) | • Tetanus |
| • Measles | • Varicella (Chickenpox) |
| • Meningococcal | |

***Pneumococcal vaccine has age/medical requirements. Dosage, age, and populations vary.*

- **Iron supplements** for children ages 6 to 12 months at risk for anemia
- **Lead screening** for children at risk of exposure
- **Medical history** for all children throughout development ages 0 to 17 years
- **Obesity** screening and counseling
- **Oral health** risk assessment for young children ages 0 to 10
- **Phenylketonuria (PKU)** screening for this genetic disorder in newborns
- **Sexually Transmitted Infections (STI)** prevention counseling and screening for adolescents at higher risk
- **Skin Cancer** counseling for infants, children, and younger adults ages 6 months to 24 years who have fair skin
- **Tobacco** use counseling and education for school-aged children and adolescents
- **Tuberculin** testing for children at higher risk of tuberculosis ages 0 to 17
- **Vision** screening for all children, including screening for amblyopia for ages 6 months to 5 years. A vision screening is a simple test to detect potential problems with vision, usually performed in a pediatrician's office. It is different than a diagnostic vision exam performed by an optometrist

For more detailed information on preventive care, visit [HealthCare.gov](https://www.healthcare.gov) or contact Customer Success at (800) 362-3310.

Source: healthcare.gov/coverage/preventive-care-benefits/

This flyer applies to Individual policies issued on or after 3/24/2010, and all Group health plans offered by Quartz Health Benefit Plans Corporation.