For members with a new or renewing health plan or policy, certain preventive services are covered without paying a Copayment or Coinsurance amount, or meeting a Deductible when you use an in-network plan provider.

Covered Preventive Services for Adults

- Abdominal aortic aneurysm screening: men
- Alcohol misuse: screening and counseling
- Aspirin use
- Blood pressure screening
- Cholesterol screening for adults of certain ages
- Colorectal cancer screening: adults over 50
- Consultation for screening colonoscopy
- Depression screening
- Diabetes screening: adults with high blood pressure
- Falls prevention: adults 65 years or older—Vitamin D and exercise or physical therapy
- Healthy Diet Counseling
- Hepatitis B screening
- Hepatitis C virus infection screening: adults born between 1945 and 1965
- HIV screening
- Immunization vaccines: Hepatitis A
- Hepatitis B
- Human Papillomavirus
- Influenza
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal
- Tetanus, Diphtheria, Pertussis
- Varicella
- Lung cancer screening
- Pathology Exam for biopsy following screening colonoscopy
- Obesity screening and counseling
- Sexually Transmitted Infection (STI) prevention counseling
- Syphilis screening
- Tobacco use screening and cessation interventions

Covered Preventive Services for Women, Including Pregnant Women

- Anemia screening: pregnant women
- Bacteriuria screening
- BRCA risk assessment and genetic counseling/screening
- Breast cancer chemoprevention counseling
- Breast cancer preventive medication
- Breast cancer screening: women over age 40
- Breast feeding support and counseling
- Cervical cancer screening
- Chlamydia infection screening
- Contraception: All Food and Drug Administration-approved contraceptive methods and intrauterine devices (IUD); sterilization procedures including tubal ligations and Essure; and patient education and counseling; not including abort/facient drugs. Generic oral contraceptives are eligible for 100 percent coverage. Please visit optimahealth.com to determine member cost share for brand name oral contraceptives.

Optima Health is the trade name of Optima Health Insurance Company, Optima Health Plan, and Sentara Health Plans, Inc. All Optima Health plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, please call your broker or go to optimahealth.com.
Covered Preventive Services for Women, cont.

- Decision making/sharing by clinicians with women at increased risk for breast cancer
- Folic acid supplementation
- Gestational diabetes mellitus screening
- Gestational diabetes screening: women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- Gonorrhea screening
- Hepatitis B screening at first prenatal visit
- HIV screening: pregnant women
- HPV Test
- Intimate partner violence screening and counseling
- Lactation support and counseling
- Osteoporosis screening: women over 65 or at high risk
- Rh incompatibility screening: first pregnancy visit and between 24 and 28 weeks gestation
- STI counseling
- Syphilis screening
- Well-woman visits
- Tobacco screening, counseling, and intervention

Covered Preventive Services for Children

- Alcohol and drug use assessments
- Autism screening: children at age 18 and 24 months
- Behavioral assessments
- Blood pressure screening
- Cervical dysplasia screening: sexually active females
- Congenital hypothyroidism screening: newborns
- Dental cavities prevention: infants and children up to age five years
- Depression screening: adolescents
- Developmental screening: children under age three, and surveillance throughout childhood
- Dyslipidemia screening: children at high risk of lipid disorders
- Fluoride chemoprevention supplements for children without fluoride in their water source
- Gonorrhea prophylactic medication: newborns
- Hearing loss screening: newborns
- Height, weight, and body mass index measurements
- Hematocrit or Hemoglobin screening
- Hemoglobinopathies screening: newborns
- Hepatitis B screening: non-pregnant adolescents and adults
- HIV screening
- Immunization vaccines:
  - Diphtheria, Tetanus, Pertussis
  - Haemophilus influenzae type b
  - Hepatitis A
  - Hepatitis B
  - Human Papillomavirus
  - Inactivated Poliovirus
  - Influenza
  - Measles, Mumps, Rubella
  - Meningococcal
  - Pneumococcal
  - Rotavirus
  - Varicella
- Iron supplementation
- Lead screening for children at risk of exposure
- Medical history
- Obesity screening and counseling
- Oral fluoride supplementation starting at age six months for children whose water supply is fluoride deficient
- Oral health risk assessment
- Phenylketonuria (PKU) screening: newborns
- Skin cancer behavioral counseling: children, adolescents and young adults age 10 to 24 years old
- STI prevention counseling and screening for adolescents at high risk
- Tobacco use interventions: children and adolescents
- Tuberculin testing for children at higher risk of tuberculosis
- Visual acuity screening