

Preventive care services

Preventive care is the best way to stay healthy. Many preventive care services are available at no cost to HMSA members. Check your health plan benefits to be sure.

On this form, "Gender" refers to the gender HMSA has on file for you at this time. Transgender and nonbinary members with questions can call the number on the back of their HMSA membership card for more information.



Updated
July 1, 2022



Preventive visits for adults

Adults: Age 22 and older except as noted

Preventive visit	Frequency	Gender	
Annual Preventive Health Evaluation* May include: • Height, weight, blood pressure, and body mass index measurement • Screening for depression, unhealthy alcohol use (18 and older), unhealthy drug use (18 and older), tobacco use, and interpersonal and domestic violence	Once a year	M	F
Well-woman exam	Once a year		F

Screening and counseling for adults

Screening and counseling	Frequency	Gender	
Abdominal aortic aneurysm screening	Ages 65 to 75 who have never smoked: One-time screening	M	
Anxiety screening	Once a year		F
BRCA screening and genetic counseling	Any woman with increased risk from family history: Once per lifetime		F
Blood pressure screening	Age 18 and older: Once every 12 months	M	F
Breast cancer screening	Age 40 and older: Once every 12 months. Ages 35 to 39: One baseline mammogram		F
Colorectal cancer screening • Stool-based tests • Sigmoidoscopy • Colonoscopy	Ages 45 to 75 at average risk for colorectal cancer	M	F
Cervical cancer screening • Pap smear	Ages 21 to 65: Once a year		F
Counseling: healthy diet, physical activity, obesity, fall prevention, skin cancer and safety, sexually transmitted infections, contraceptive methods, tobacco use, and intimate partner violence	Consult your doctor	M	F
Cholesterol screening	Once every 12 months. For retirees: Men ages 35 to 65 and women ages 45 to 65: One every five years	M	F
Diabetes screening	Ages 35 to 70: Once every 12 months	M	F
Hepatitis B screening	Once a year	M	F
Hepatitis C screening	Ages 18 to 79: Once a year	M	F
Human papillomavirus (HPV) screening	Age 30 and older: Once every three years		F
Lung cancer screening	Ages 50 to 80 with 20 pack-year** history. Once every 12 months for current smokers or former smokers who quit within past 15 years.	M	F
Osteoporosis screening	65 and older, younger if at increased risk		F
Sexually transmitted infection screenings • Chlamydia • Gonorrhea • HIV • Syphilis	Once every 12 months	M	F
Tuberculosis screening	Up to two tests a year. For retirees: one test a year	M	F

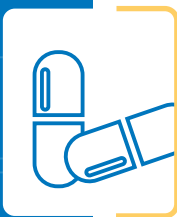
* Annual Preventive Health Evaluation for active members. Annual Physical Exam for HSTA VB members.

** Pack-year is calculated by multiplying the number of cigarettes smoked per day by the number of years a person has smoked. For example, a 30 pack-year history is a pack a day for 30 years or two packs a day for 15 years.



Preventive care for pregnant people

Preventive care	Gender
Anxiety screening	F
Bacteriuria screening	F
Chalymdia screening	F
Comprehensive lactation support and counseling from a physician or midwife during pregnancy and or postpartum. Includes breastfeeding equipment.	F
Counseling for alcohol and tobacco use and depression	F
Gestational diabetes screening	F
Gonorrhea screening	F
Hepatitis B screening and immunization	F
HIV screening	F
Rh (D) incompatibility screening	F
Smoking cessation counseling	F
Syphilis screening	F
Prenatal and postpartum depression screening	F



Preventive drugs and treatments for adults

Preventive drugs and treatment	Gender
Aspirin	M F - Ages 50 to 59 to reduce the risk of stroke and heart attack - Pregnant people at risk for preeclampsia
Breast cancer preventive medications	F People who are at increased risk for breast cancer without a cancer diagnosis
Folic acid supplementation	F People planning or capable of pregnancy: Daily supplement containing 0.4 to 0.8 mg folic acid
Preexposure prophylaxis	M F Treatment using preexposure prophylaxis (PrEP) with effective antiretroviral therapy to persons who are at high risk of getting HIV
Statin preventive medication	M F Ages 40 to 75 years with one or more cardiovascular disease risk factors and have a calculated 10-year risk of a cardiovascular event of 10% or greater
Tobacco cessation	M F Adults who use tobacco products



Immunizations for adults

- Chicken pox
- Flu
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningococcal meningitis
- Pneumonia
- Shingles
- Tetanus, diphtheria, pertussis (Tdap or Td)
- Travel immunizations



Preventive care for children

Birth to 21 Years

- Well-child visits
- Alcohol misuse screening
- Anxiety screening for adolescent girls
- Contraceptive methods and counseling for adolescent girls
- Depression screening
- Dyslipidemia screening
- Hearing loss screening
- Hepatitis B (HBV) screening
- Human immune-deficiency virus (HIV) screening
- Interpersonal and domestic violence screening for adolescent girls
- Newborn bilirubin screening
- Newborn blood screening
- Newborn screening for metabolic diseases and hemoglobinopathies
- Obesity screening
- Psychosocial and behavioral assessment
- Skin cancer screening
- Syphilis, chlamydia, and gonorrhea screening
- Tobacco use and tobacco-caused disease interventions and counseling
- Visual acuity screening



Preventive drugs and treatment for children

- Gonorrhea prophylactic medication
- HIV preexposure prophylactic medication
- Prevention of dental caries, oral fluoride



Immunizations for children

- Chicken pox
- Flu
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningococcal meningitis
- Pneumonia
- Polio
- Rotavirus
- Tetanus, diphtheria, pertussis (Tdap or Td)
- Travel immunizations

If you don't have a primary care provider:

- Visit [hmsa.com/eutf](https://www.hmsa.com/eutf) and click Find a Doctor.
- If you need help, call us at (808) 948-6499 or 1 (800) 776-4672, Monday through Friday, 7 a.m. to 7 p.m. or Saturday, 9 a.m. to 1 p.m.

This reference list isn't a substitute for your doctor's advice. Your doctor may recommend more or less screenings based on your individual needs. If you have questions about prior authorizations or your health plan benefits, please call the number on the back of your HMSA membership card.