Preventive & Wellness Services, Chronic Disease Management

LLHealth.org
Maintaining Good Health is All About Being Proactive!

These preventive, wellness, and disease management services are free to all members (meaning no copayment, no coinsurance, and no need to meet the deductible), as required by Public Law 111-148 (the Patient Protection and Affordable Care Act)

Ask your doctor about which preventive services you need.
The preventive services you need are dependent upon:
- Gender: male or female
- Your age
- Risk factors
  - Your health history
  - Your family health history
  - Your genetics
  - Your lifestyle

For Children

Immunizations, Vaccines, Preventive Medicine
- **Gonorrhea** prevention eye drops for newborns
- **Haemophilus influenza type B** vaccine
- **Hepatitis A** vaccine
- **Hepatitis B** vaccine
- **Human Papillomavirus (HPV)** vaccine
- **Inactivated poliovirus** vaccine
- **Influenza vaccine** (flu shot)
- **Measles, mumps, rubella (MMR)**
- **Meningococcal** vaccine
- **Pneumococcal** vaccine
- **Rotavirus** vaccine
- **Tetanus, Diphtheria, Pertussis**
- **Varicella** vaccine (chicken pox)

Screening tests
- **Congenital Hypothyroidism** screening for newborns
- **Hemoglobinopathies** screening for newborns
- **Phenylketonuria (PKU)** genetic disorder screening for newborns
- **Hearing** screening for newborns
- **Autism** screening at 18 and 24 months
- **Developmental** screening
- **Oral Health** risk assessment
- **Height, Weight and Body Mass Index** measurements

- **Dyslipidemia** to check fat or cholesterol in the blood for children at high risk
- **Behavioral** assessments
- **Blood Pressure** screening
- **Hemacrit or Hemoglobin** (blood count)
- **Vision** screening - yearly eye exam
- **Dental check-ups** - see details in box below*
- **Lead** screening for children at risk of exposure
- **Tuberculin testing** for children at high risk
- **Alcohol and Drug Use** screening and counseling
- **Depression** screening for adolescents
- **HIV** screening for teens at high risk
- **Cervical Dysplasia** screening for cervical cancer for sexually active females
- **Sexually Transmitted Infection (STI)** screening for teens at high risk

Counseling & Treatment
- **Obesity** counseling
- **Fluoride Chemoprevention** supplements for children without fluoride in their water source
- **Hearing aids** every three years for children with hearing problems
- **Glasses or contacts** – one (1) pair of glasses (lenses and frames) or contact lens equivalent per year for children with vision problems
- **Iron** supplements for children ages 6 months to 1 year at risk for anemia (not enough healthy red blood cells)
Dental Coverage for Kids

- **Routine check-ups** for children up to age 21
- One every 6 months and one every 12 months in a school setting
- Cleaning every 6 months, fluoride treatments every 12 months, sealants, space maintenance, x-rays
- **Restorative**: amalgams, resins, crowns (pre-authorization required), sedative fillings
- **Endodontic services**: pulpotomy, and root canals
- **Periodontal services**: gingivectomy, scaling and root planning, removable prosthetics, complete denture (upper and lower), partial denture (upper and lower), denture relines, maxillofacial prosthetics, fixed prosthetics, and bridges
- **Oral (mouth) and maxillofacial (jaws and face) services**: Extractions, surgical extractions, and alveoloplasty
- **Orthodontics**: limited to children meeting or exceeding a score of 42 from the Modified Salzmann Index or meeting criteria for medical necessity
- **Supportive services**: General anesthesia, IV sedation, nitrous oxide, conscious sedation, and therapeutic drug injection (Limitations, including dollar limits, may apply. Supplemented using Illinois CHIP.)

Screening

- **Alcohol misuse** screening and counseling
- **Obesity screening** and counseling
- **Syphilis** (a sexually transmitted infection) screening for adults at higher risk
- **Blood pressure** screening
- **Cholesterol** screening for adults at higher risk
- **Colorectal cancer** screening, examination and laboratory tests for adults over 50 or at higher risk

Includes:
- One fecal occult blood test (FOBT) every 12 months
- One FOBT every 12 months plus one flexible sigmoidoscopy every 5 years
- One digital rectal exam every 12 months
- One double contrast barium enema every 5 years
- One colonoscopy every 10 years
- Other approved screenings, examinations, and laboratory tests prescribed by a doctor

- **Depression** screening
- **HIV** screening
- **Tobacco Use** screening
- **Type 2 Diabetes** screening for adults with high blood pressure

All Adults

Immunization Vaccines

- **Hepatitis A** (a liver disease)
- **Hepatitis B** (a liver disease)
- **Herpes Zoster** (shingles)
- **Human Papillomavirus** (a sexually transmitted infection)
- **Influenza** (flu shot)
- **Measles, Mumps, Rubella** (MMR)
- **Meningococcal** (a blood infection)
- **Pneumococcal** (infection leading to pneumonia, meningitis, and others)
- **Tetanus, Diphtheria, Pertussis Varicella** (chicken pox)

Counseling & Treatment

- **Alcohol misuse** screening and counseling
- **Aspirin use**
- **Diabetes** self-management education and equipment
- **Diet** counseling for adults at higher risk for chronic disease
- **Obesity** screening and counseling
- **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk
- **Tobacco use** cessation (how to stop smoking)
Additional Services for Men

- Abdominal Aortic Aneurysm one-time screening for men ages 65-75 who have ever smoked
- Digital rectal examination of prostate, yearly for men ages 50+
- Prostate specific antigen (PSA) test (blood test for prostate cancer), yearly for men ages 50+

Additional Services for Women

All Women

- Well-woman visits to obtain recommended preventive services
- Domestic and interpersonal violence screening and counseling
- Contraception: FDA-approved contraceptive methods, sterilization procedures. Includes education and counseling. Abortions not included.
- Pap smear, annually
- BRCA (gene mutations that increase risk for breast and ovarian cancers) counseling about genetic testing for women at higher risk
- Breast Cancer Chemoprevention counseling for women at higher risk
- Mammography according to age and risk
- Comprehensive ultrasound screening of an entire breast or breasts for women with abnormal mammograms (fibrocystic, heterogeneous or dense breast tissue), as determined by a doctor
- Ovarian cancer surveillance tests, annually for women at higher risk
- CA-125 serum tumor marker testing, transvaginal ultrasound, and a pelvic exam
- Cervical Cancer screening according to age and risk
- Sexually Transmitted Infections (STI) screening and counseling
  - Chlamydia Infection (a sexually transmitted disease) screening for women at higher risk
  - Gonorrhea screening for women at higher risk
  - Syphilis (a sexually transmitted disease) screening for women at higher risk
  - HIV (a sexually transmitted disease) screening and counseling

Pregnant or Nursing Women

- Folic Acid supplements for women who may become pregnant
- Human Papillomavirus (HPV) (a sexually transmitted disease) DNA test every three years for women age 30 and older
- Osteoporosis (loss of bone density) screening according to age and risk

- Anemia (not enough healthy red blood cells) screening, routinely
- Bacteriuria urinary tract or other infection screening
- Tobacco use interventions and intensive counseling
- Gestational diabetes (high blood sugar during pregnancy) screening at 24 to 28 weeks (more often for those at high risk of developing gestational diabetes)
- Hepatitis B (a liver disease) screening at first prenatal visit
- Rh Incompatibility (problem when mother's blood type is negative (-) and baby's is positive (+) screening for all pregnant women and follow-up testing for women at higher risk
- Syphilis (a sexually transmitted disease) screening
- Breastfeeding comprehensive support and counseling from trained providers
- Breastfeeding supplies