



Preventive care guidelines for children and adults

Keeping a focus on regular preventive care can help you — and your family — stay healthier

Preventive care can help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome.

Under the Affordable Care Act (ACA),¹ you can get certain preventive health care services, covered at 100 percent, without any cost to you. Just obtain your preventive care from a health plan network provider. Diagnostic (non-preventive) services are also covered, but you may have to pay a copayment, coinsurance or deductible. Check your plan documents to make sure.

Preventive care guidelines for children²

Recommended preventive care services for children will vary based on age and may include some of the following:

- Age-appropriate well-child examination
- Anemia screening
- Cholesterol screening for children age 24 months and older
- Metabolic screening panel for newborns
- Age-appropriate immunizations. For more information, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines)
- Vision screening by primary care physician
- Oral health risk assessment by primary care physician
- Fluoride application
- Hearing screening by primary care physician
- Autism and Developmental screening for children under age 3
- Counseling on the harmful effects of smoking and illicit use of drugs (children and adolescents)
- Counseling for children on promoting improvements in weight
- Screening certain children at high risk for sexually transmitted diseases, lead, depression and tuberculosis

Not all children require all of the services identified above.³ Your doctor should give you information about your child's growth, development and general health, and answer any questions you may have.



Help protect and maintain your child's health with regular preventive care visits with a network doctor.

Preventive care screening guidelines and counseling services for adults²

A preventive health visit can help you see how healthy you are now and help identify any health issues before they become more serious. You and your doctor can then work together to choose the care that may be right for you. Recommended preventive care services may include the following:

- **Wellness examinations**
- **Well-woman visits** – including routine prenatal visits
- **Abdominal aortic aneurysm screening** – for age 65–75 years who have ever smoked
- **Alcohol screening and brief counseling** – screening during wellness examinations. Brief counseling interventions for certain patients.
- **Bacteriuria screening** – during pregnancy.
- **Blood pressure screening** – at each wellness examination. Certain patients may also require ambulatory blood pressure measurements outside of a clinical setting. Check with your doctor.
- **Breastfeeding primary care interventions, counseling, support and supplies** – during pregnancy and after birth. Includes personal use electric breast pump.
- **Cervical cancer screening (pap smear)** – women age 21–65 years old
- **Chemoprevention of breast cancer, counseling** – for women at high risk of breast cancer, but low risk for adverse effects
- **Chlamydia and gonorrhea infection screening** – for sexually active women age 24 and younger, and older women at increased risk
- **Cholesterol screening** – for age 40–75 years
- **Colorectal cancer screening** – for age 50–75 years. Ask your physician about screening methods and intervals for screening.
- **Contraceptive methods (including sterilizations)** – FDA-approved methods of contraception for women, including patient education and counseling
- **Depression screening** – for all adults, in a primary care setting
- **Diabetes screening** – for age 40–70 who are overweight or obese or for those of any age that have a history of gestational diabetes
- **Falls prevention counseling** – during wellness examination, for community-dwelling older adults
- **Genetic counseling and evaluation for BRCA testing, and BRCA lab testing** – lab testing requires prior authorization
- **Gestational diabetes mellitus screening** – during pregnancy
- **Healthy diet behavioral counseling** – for persons with cardiovascular disease risk factors, in a primary care setting
- **Hepatitis B virus infection screening** – for persons at high risk
- **Hepatitis C virus infection screening** – one-time screening for adults born between 1945 and 1965, or, persons at high risk
- **Human Immunodeficiency Virus (HIV) screening** – for all adults
- **Human Papillomavirus DNA testing** – for women age 30–65
- **Immunizations** – FDA approved and have explicit Advisory Committee on Immunization Practices (ACIP) recommendations for routine use. For more information, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).
- **Intimate partner violence, interpersonal and domestic violence, counseling and screening** – during wellness examination
- **Latent tuberculosis infection screening** – for persons at increased risk
- **Lung cancer screening with low-dose CT scan** – for age 55–80 years with at least a 30-pack-year history (with prior authorization)
- **Mammography screening**
- **Obesity screening and counseling** – at each wellness examination. Certain patients may need medical nutrition therapy.
- **Osteoporosis screening** – women age 65 and older, and younger women at increased risk
- **Rh incompatibility screening** – during pregnancy
- **Sexually transmitted infections, behavioral counseling to prevent** – behavioral counseling for adults who are sexually active or otherwise at increased risk, in a primary care setting
- **Skin cancer, behavioral counseling to prevent** – at each wellness examination, for young adults up to age 24
- **Syphilis screening** – for adults at increased risk
- **Tobacco cessation, screening, behavioral counseling** – screening and behavioral counseling for adults who smoke, in a primary care setting (refer to pharmacy vendor for pharmacotherapy for tobacco cessation)

Learn more

For more information about preventive guidelines for your age and gender, visit uhc.com/preventivecare

United Healthcare

¹ Certain preventive care services are provided as specified by the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services are based on your age and other health factors. UnitedHealthcare also covers other routine services that may require a copay, coinsurance or deductible. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

² These guidelines are based, in part, on the requirements of the Patient Protection and Affordable Care Act, and recommendations of the U.S. Preventive Services Task Force (USPSTF), the Health Resources & Services Administration (HRSA) of the U.S. Department of Health and Human Services, and the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC). Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions that may not be covered as a preventive benefit. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Preventive care benefits may not apply to certain services listed above. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

³ Development, psychosocial and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits. These guidelines represent a consensus by the American Academy of Pediatrics (AAP) and Bright Futures. The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Discuss with your doctor how these guidelines may be right for your child, and always consult your doctor before making any decisions about medical care. These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Preventive care benefits may not apply to certain services listed above. Always refer to your plan documents for your specific coverage.

Source: Centers for Disease Control and Prevention, Recommended immunization schedules for children and adolescents aged 18 years or younger – United States, 2019, at: <https://www.cdc.gov/vaccines/schedules/index.html>.

Additional information about the vaccines in this schedule, extent of available data, including a full list of footnotes and contraindications for vaccination is also available at [cdc.gov/vaccines](https://www.cdc.gov/vaccines) or from the CDC-INFO Contact Center at 1-800-CDC-INFO (1-800-232-4636) in English and Spanish, 8 a.m.–8 p.m. Eastern Time, Monday–Friday, excluding holidays.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by All Savers Insurance Company (except MA, MN, NJ and NY), UnitedHealthcare Insurance Company in MA and MN, UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.