



Preventive services guidelines

We adopt nationally accepted evidence-based preventive services guidelines (PSG) from the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention (CDC). Sometimes these sources may not provide enough evidence to recommend for or against a service. Or there may be conflicting interpretation of the evidence. When this happens, we may adopt recommendations from other nationally recognized sources.

Guidelines	Recognized source
Immunizations	CDC
Preventive screenings (including perinatal)	U.S. Preventive Services Task Force

The following links provide the guidelines and physician tools:

- [Immunization guidelines](#) with physician tools
- [Routine preventive screening guidelines](#) with physician tools

We adopted the guidelines below for routine preventive health services and perinatal care. We did this to help improve health care. These guidelines aren't meant to direct coverage or benefits determinations or treatment decisions. For specific coverage information, members should refer to their plan's Evidence of Coverage, contact their employer's benefits department or call us at the number on their plan member ID card.

Preventive health services: children and adolescents

This information is a summary of recommended preventive health services for healthy children and adolescents with normal risks.

Recommended screening ¹	Timing
Obesity	Children and adolescents 6-18 years of age: Offer or refer to comprehensive, intensive behavioral intervention to promote improvement in weight status.
Depression	Adolescents 12-18 years of age: Screen for major depressive disorder. Implement with adequate systems in place to ensure accurate diagnosis, effective treatment and appropriate follow-up.
Human immunodeficiency virus (HIV)	Adolescents 15 years of age and older: See Clinical Considerations section for more information about screening intervals.
Tobacco use prevention	School-age children and adolescents: Primary care physicians provide interventions, including education or brief counseling, to prevent start of tobacco use. See Clinical Considerations section for more information on effective interventions.
Vision	Children 3-5 years of age: Screen at least once to detect the presence of amblyopia or its risk factors.
Vaccinations	See the CDC website at http://www.cdc.gov/vaccines/schedules/hcp/index.html

Preventive health services: adults

This information is a summary of recommended preventive health services for healthy adults with normal risks.

Men and women	
Recommended screening ¹	Timing
Alcohol misuse	Adults 18 years of age and older: Provide persons engaged in risky or hazardous drinking with brief behavioral counseling to reduce misuse.
Colorectal cancer	Beginning at age 50 and continuing until 75 years of age: Screening with fecal occult blood testing, sigmoidoscopy or colonoscopy. Risks and benefits of these screening methods vary.
Depression	General adult population: Ensure accurate diagnosis, effective treatment and appropriate follow-up.
High blood pressure	Adults 18 years of age and older: Obtain measurements outside of clinical setting for diagnostic confirmation before starting treatment. See Clinical Considerations section for more information.
Hepatitis C (HCV)	Adults born between 1945 and 1965: Offer one-time screening.
Human immunodeficiency virus (HIV)	Adults to age 65 years of age. See the Clinical Considerations section for more information about screening.
Lipid disorders (cholesterol)	<ul style="list-style-type: none"> Men 35 years of age and older Men 20-35 years of age and women 20 years of age and older: Screen if at risk for coronary.
Obesity	All adults: Offer or refer patients with a body mass index of 30 kg/m ² or higher to intensive, multi-component behavioral interventions.
Tobacco use	All adults: Ask about tobacco use, advise to stop using tobacco and provide behavioral interventions and U.S. Food and Drug Administration-approved pharmacotherapy for cessation to adults who use tobacco.
Vaccinations	See the CDC website at http://www.cdc.gov/vaccines/schedules/hcp/index.html
Men only	
Recommended screening ¹	Timing
Abdominal aortic aneurysm	Men 65-75 years of age: one-time screening for abdominal aortic aneurysm with ultrasonography in those who have ever smoked
Women only	
Recommended screening ¹	Timing
Breast cancer	Women 50-74 years of age: biennial screening mammogram
Cervical cancer	<ul style="list-style-type: none"> Women 21-65 years of age: pap smear every three years Women age 30-65 years of age: Pap smear and human papillomavirus testing every five years for those who want to lengthen the screening interval. <p>See the Clinical Considerations section for discussion of cytology method, HPV testing and screening interval.</p>
Chlamydia and gonorrhea	Women 24 years of age and younger, if sexually active

Women only	
Recommended screening¹	Timing
Osteoporosis	Women 65 years of age and older
Intimate partner (domestic) violence	Women of childbearing age: Provide or refer women who screen positive to intervention services. See the Clinical Considerations or more information on effective interventions.

Preventive health services: perinatal

This information is a summary of recommended screenings and vaccinations for healthy pregnant women with normal risk.

Recommended screening¹	Timing
Asymptomatic bacteriuria	From 12-16 weeks gestation or first prenatal visit, if later: Perform urine culture.
Breastfeeding counseling	During pregnancy and after birth: Interventions to promote and support breastfeeding
Depression	During pregnancy and post-partum: Ensure accurate diagnosis, effective treatment and appropriate follow-up.
Gestational diabetes	Asymptomatic women after 24 weeks gestation
Hepatitis B virus (HBV)	First prenatal visit
Human immunodeficiency virus (HIV)	During pregnancy, including those who present in labor who are untested and whose HIV status is unknown
Syphilis	During pregnancy
Tobacco use	All pregnant women: Ask about tobacco use, advise them to stop using tobacco and provide behavioral interventions for cessation.
Vaccinations	See the CDC website at http://www.cdc.gov/vaccines/schedules/hcp/index.html

¹Screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), found online at <http://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations> as of March 15, 2016.

See the member's Summary Plan Description for the out-of pocket costs for these services.

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