

2021 PREVENTIVE HEALTH CARE GUIDELINES



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Guidelines may change throughout the year based on new research and recommendations.

Get the most up-to-date list of mostly free, recommended care at
MetroPlus.org/plans/marketplace/know-your-benefits



WE'RE METROPLUSHEALTH. WE'RE NEW YORK CITY.

2021 FREE OR LOW-COST PREVENTIVE HEALTH CARE SERVICES

At **MetroPlusHealth**, we always want you to be at your best. That’s why we encourage you and your family to take advantage of preventive care services available to you at low or no cost. We’ve listed dozens of FREE preventive services here for adults, women and children that just may help you be your healthiest yet...

WHAT ARE PREVENTIVE CARE SERVICES?

Preventive care helps your doctor find potential health problems before you feel sick. By finding medical problems early, your doctor can see you get the care you need to stay healthy.

Be sure to visit your doctor regularly to get preventive care.

Preventive care includes some:



Immunizations



Physical exams



Lab tests



Prescriptions

The free preventive care services we list in these guidelines are based on recommendations from the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention (CDC), Health Resources and Services Administration (HRSA) and the latest medical research from organizations like the American Medical Association.

DO YOU KNOW THE DIFFERENCE BETWEEN PREVENTIVE AND DIAGNOSTIC SERVICES?

The same service could be preventive (free) or diagnostic (copayments, coinsurance or deductibles apply).

- A list of free preventive care services can be found in our online guide at **metroplus.org/plans/marketplace/know-your-benefits**.
- Preventive care services are free when provided by an in-network doctor. Go to **<https://www.metroplus.org/find-doctor>** and use our Find a Doctor tool to find in-network doctors.

	REASON FOR SERVICE	WHAT YOU’LL PAY
Preventive care	To prevent health problems. You don’t have symptoms.	You won’t pay anything.
Diagnostic care	You have a symptom, or you’re being checked because of a known health issue.	This is a medical claim. Your deductible, copayments and coinsurance may apply.

7 in 10 American deaths each year result from chronic diseases like heart disease and diabetes. Did you know many of these deaths can be prevented through early detection and the right care?

Source: CDC

Questions about preventive care?

Find more information at metroplus.org/plans/marketplace/know-your-benefits or call Member Services at the number on the back of your member ID card.

HOW DO I KNOW IF A SERVICE IS PREVENTIVE OR DIAGNOSTIC?

A service is diagnostic when it's done to monitor, diagnose or treat health problems. That means:

- If you have a chronic disease like diabetes, your doctor may monitor your condition with tests. Because the tests manage your condition, they're diagnostic.
- If you have a preventive screening and a health problem shows up, your doctor may order follow-up tests. In this case, the follow-up tests are diagnostic.
- If your doctor orders tests based on symptoms you're having, like a stomachache, these tests are diagnostic.

If you receive services listed in this guide for a diagnostic reason, there may be a cost to you.

COMPARE COSTS AND QUALITY FOR DIAGNOSTIC SERVICES

Did you know that the cost of medical tests and procedures can vary 300% or more depending on where you have these performed. Compare costs and quality for 200+ health services at <http://marketplustcc.metroplus.org>.

SERVICE	IT'S PREVENTIVE (FREE) WHEN...	IT'S DIAGNOSTIC WHEN...
DIABETES SCREENING	A blood glucose test is used to detect problems with your blood sugar, even though you don't have symptoms.	You're diagnosed with diabetes and your doctor checks your A1c.
OSTEOPOROSIS SCREENING	Your doctor recommends a bone density test based on your age or family history.	You've had a health problem, or your doctor wants to determine the success of a treatment.
COLON CANCER SCREENING	Your doctor wants to screen for signs of colon cancer based on your age or family history. If a polyp is found and removed during your preventive colonoscopy, the colonoscopy and polyp removal are preventive. If the polyp is sent for lab testing, the testing is considered diagnostic.	You're having a health problem, like bleeding or irregularity, or if the polyp you have removed is sent to a lab to be tested, the lab test is diagnostic.
COMPLETE BLOOD COUNT (CBC)	Never preventive.	Always diagnostic. Studies show there's no need for this test unless you have symptoms.
METABOLIC PANELS	Newborns 0 – 90 days	Always diagnostic. Studies show that a metabolic panel isn't the best test for detecting or preventing illnesses.
URINALYSIS	Never preventive.	Always diagnostic. National Guidelines say there's no need for this test unless you have symptoms.
PROSTATE EXAM (PSA)	Never preventive.	Always diagnostic. National Guidelines have changed recently because this test gives many false results.

2021 FREE PREVENTIVE HEALTH CARE SERVICES GENERAL ADULT HEALTH

CARE FOR ALL ADULTS

You can keep track of services by completing the “Date Received” column.

PHYSICAL EXAMS

AGE	RECOMMENDATION	DATE RECEIVED
19 – 21 years	Once every 2 – 3 years; annually if desired	
22 – 64 years	Once every 1 – 3 years; annually if desired	
65 and older	65 – 70: Once every year 70 – 80: Twice every year Over 80: Every three months or as recommended	

IMMUNIZATIONS

Doses, ages and recommendations vary.

VACCINE	RECOMMENDATION	DATE RECEIVED
Chickenpox (varicella)	2 doses, 28 days apart, for those with no history of the vaccination or disease.	
Flu (influenza)	1 dose annually.	
Hepatitis A	2 – 3 doses, 6 months apart, for those at high risk.	
Hepatitis B	2 – 3 doses for those at high risk.	
HPV (human papillomavirus)	19 – 26: 2 or 3 doses depending on age at first vaccination or condition	
Measles, mumps, rubella (MMR)	1 – 2 doses if no history of the vaccination or disease.	
Meningitis (meningococcal)	1 or 3 doses for adults with an additional risk factor or another indication.	
Pneumonia (Pneumococcal)	19 – 64: 1 dose for adults with an additional risk factor or another indication. 65 and over: Recommended vaccination based on shared clinical decision-making.	
Shingles (herpes zoster)	50 years+: 2 dose series RZV 2-6 months apart regardless of previous herpes zoster or history of ZVL. 60 years+: 2 dose series RZV 2-6 months apart	
Tetanus, diphtheria and whooping cough (pertussis)	1 dose if no history of pertussis vaccine regardless of interval since last tetanus vaccine, followed by tetanus every 10 years.	

DOCTOR VISITS AND TESTS

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Abdominal aortic aneurysm screening	Once for men ages 65 – 75 with a history of smoking.	
Alcohol misuse screening and counseling	At physical exam.	
Preventive guidance for family and intimate partner violence, breast self- exam, menopause counseling, safety, falls and injury prevention	Separate intimate partner violence in women of reproductive age.	
Blood pressure screening	18+: Every wellness visit.	
Cholesterol test	Age 40-75: Every 4 – 6 years. More frequently depending on heart risk.	
Colon cancer screening	Age 50 – 75 years: Stool test every year. Colonoscopy every 10 years is highly recommended	
Depression screening	Every year, during physical exam. For pregnant women, during prenatal and postpartum visits.	
Diabetes screening	For adults with high blood pressure and those ages 40 – 70 who are overweight or obese.	
Diet/nutrition counseling	At your doctor's discretion if you're at high risk for heart and diet related chronic diseases.	
Haemophilus influenza b (Hib)	Recommended for older children (< 5 years old) or adults with asplenia or sickle cell disease, before surgery to remove the spleen, or following a bone marrow transplant. Hib vaccine may also be recommended for people 5 to 18 years old with HIV.	
Hepatitis B screening	Adults at high risk and pregnant women at their first prenatal visit.	
Hepatitis C screening	Adults at high risk and a one-time screening in adults ages 18 – 79 years.	
HIV screening	Ages 15 – 65 years. Younger adolescents and older adults who are at increased risk of infection should also be screened. Pregnant women including those who present in labor or at delivery whose HIV status is unknown.	
HIV Infection	Pre-exposure Prophylaxis: The USPSTF recommends that clinicians offer pre-exposure prophylaxis (PrEP) with effective antiretroviral therapy to persons who are at high risk of HIV acquisition. This includes kidney function testing (creatinine)	

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Lung cancer screening	Annual screening (including CT) for adults ages 55 – 80 who have a 30-pack-a-year smoking history and currently smoke or quit smoking within the past 15 years.	
Obesity screening and counseling	Every year during physical exam.	
Sexually transmitted infection (STI) counseling and screening	Every year for adults at increased risk.	
Tobacco–use screening and counseling	Tobacco/Vaping use screening and counseling. Adults and pregnant women: At each visit. Includes counseling on tobacco use, counseling on quitting, behavioral interventions and approved drugs for smoking cessation. See tobacco and electronic nicotine delivery systems (vaping) cessation products in the “Drugs” section below.	
Latent Tuberculosis Infection	Ages 18 years and up for asymptomatic adults at increased risk	
Tuberculosis (TB) Testing	Screening for latent tuberculosis infection (LTBI) in populations at increased risk.	

DRUGS

Prescription required.

PRESCRIPTION	RECOMMENDATION	DATE RECEIVED
Tobacco cessation products	FDA-approved tobacco/vaping cessation prescription medication and OTC nicotine replacement (NRT). (For MetroPlus Gold, this is only covered with a prescription rider.)	

2021 FREE PREVENTIVE HEALTH CARE SERVICES

WOMEN'S HEALTH

CARE THAT'S RECOMMENDED FOR WOMEN

You can keep track of the services you've had by completing the "Date Received" column. See the "Adult Health" section for more care that's recommended for all adults.

DOCTOR VISITS AND TESTS

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Screening for Anxiety	Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.	
BRCA risk assessment and genetic counseling/testing	For women with a personal or family history with breast, ovarian, tubal, or peritoneal cancer with one of several screening tools designed to identify a family history that may be associated with an increased risk for potentially harmful mutations in breast cancer susceptibility genes (BRCA1 or BRCA2). Women with screening results should receive genetic counseling and, if indicated after counseling, BRCA testing.	
Breast cancer screening (mammogram)	Once every 2 years for women ages 50 – 74.	
Contraceptive counseling and contraception methods	Routine counseling to address contraceptive needs, expectations, and concerns. FDA-approved contraceptive methods, sterilization procedures, education and counseling.	
Domestic violence and intimate partner violence screening and counseling	Annually.	
HIV counseling and screening	All women should be tested for HIV at least once during their lifetime. Ages 15 to 65 years, and younger adolescents and older adults who are at increased risk of infection.	
Osteoporosis screening (bone density testing)	Women 65 and older, and postmenopausal women younger than 65 years who are at increased risk of osteoporosis	
Pap and HPV test (cervical cancer screening)	Pap test every 3 years in women aged 21 – 29 years. 30 – 65 years, every 3 years with Pap test only, every 5 years with HPV testing alone, or every 5 years with pap test and HPV together.	

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Sexually transmitted infection (STI) prevention counseling and screening	Screening and counseling for chlamydia, gonorrhea and syphilis for women who are at high risk.	
Well-woman visits (physical exams)	Annually.	
Well-woman visits (screening for urinary incontinence)	Screen all women age 18 and older and younger women if postpartum.	

DRUGS

Prescription required.

PRESCRIPTION	RECOMMENDATION	DATE RECEIVED
Breast cancer prevention medication	Risk-reducing medications for women with an increased risk of breast cancer who have never been diagnosed with breast cancer and a low risk for adverse medication effects.	
Folic acid supplements	Women planning to become or who are pregnant: 0.4 to 0.8 mg.	

CONTRACEPTIVES

Prescription required.

TYPE	METHOD	BENEFIT LEVEL
Hormonal	<ul style="list-style-type: none"> Oral contraceptives Injectable contraceptives Patch Ring 	Generic contraceptive methods and the ring methods for women are covered. Your deductible and/or prescription copayment applies for brand name contraceptives when there is a generic available.
Barrier	<ul style="list-style-type: none"> Diaphragms Condoms Contraceptive sponge Cervical cap Spermicide 	<p>Medicare</p> <p>Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply.</p> <p>Part B: 0% or 20% cost.</p> <p>Part D: If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$89.</p>
Implantable	<ul style="list-style-type: none"> IUDs Implantable rod 	<p>Covered.</p> <p>Medicare</p> <p>Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply.</p> <p>Part B: 0% or 20% cost.</p> <p>Part D: If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$89.</p>
Emergency	<ul style="list-style-type: none"> Ella® Next Choice® Next Choice® One Dose My Way™ 	<p>Covered.</p> <p>Medicare</p> <p>Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply.</p> <p>Part B: 0% or 20% cost.</p> <p>Part D: If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$89.</p>
Permanent	<ul style="list-style-type: none"> Tubal ligation 	<p>Covered at outpatient facilities and if received during an inpatient stay.</p> <p>Medicare</p> <p>Coverage is provided for prescription contraceptive drugs or devices approved by the FDA or generic equivalents approved by the FDA. Copayments apply.</p> <p>Part B: 0% or 20% cost.</p> <p>Part D: If you receive “Extra Help” to pay your prescription drugs, your deductible amount will be either \$0 or \$89.</p>

2021 FREE PREVENTIVE HEALTH CARE SERVICES PREGNANT WOMEN'S HEALTH

CARE THAT'S RECOMMENDED FOR PREGNANT WOMEN

If you're pregnant, plan to become pregnant or recently had a baby, we recommend the preventive care that's listed here. You can keep track of the services you've had by completing the "Date Received" column.

DOCTOR VISITS AND TESTS

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Bacteriuria screening with urine culture	Between 12 – 16 weeks gestation or during first prenatal visit if later.	
Breastfeeding support, supplies and counseling	Lactation support and counseling to pregnant and postpartum women, including costs for breastfeeding equipment.	
Gestational diabetes screening	Women 24 – 28 weeks pregnant or at the first prenatal visit for those identified as high risk for gestational diabetes.	
Screening for Diabetes Mellitus After Pregnancy	Women with a history of gestational diabetes mellitus (GDM) who are not currently pregnant and who have not previously been diagnosed with type 2 diabetes mellitus should be screened for diabetes mellitus. Women with a negative initial postpartum screening test result should be rescreened at least every 3 years for a minimum of 10 years after pregnancy	
Hematocrit or hemoglobin screening	During the first prenatal visit.	
Hepatitis B screening	During the first prenatal visit.	
HIV screening	All pregnant women during each pregnancy including those who present in labor or at delivery whose HIV status is unknown.	
Iron-deficient anemia screening	On a routine basis.	
Rh incompatibility screening	All pregnant women and follow-up testing for women at high risk.	
Routine maternity care	Routine prenatal and postpartum visits for all pregnant women: <ul style="list-style-type: none"> • Office visit at 8-10 weeks of pregnancy (or earlier if at risk for ectopic pregnancy) • Every 4 weeks for first 28 weeks. • Every 2 – 3 weeks until 36 weeks gestation. • Every week after 36 weeks gestation. • Frequency of visits is determined by individual needs and assessed risk factors. 	

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Sexually transmitted infection (STI) screening	Screening and counseling for chlamydia, gonorrhea, and syphilis.	
Perinatal Depression	Pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions. Maternal depression screening for mothers of infants at 1, 2, 4, and 6-month visits	

IMMUNIZATIONS

Doses, ages and recommendations vary.

VACCINE	BEFORE PREGNANCY	DURING PREGNANCY	AFTER PREGNANCY	DATE RECEIVED
Chickenpox (varicella)	Yes; avoid getting pregnant for 4 weeks	No	Yes, immediately postpartum	
Hepatitis A	Yes, if at risk	Yes, if at risk	Yes, if at risk	
Hepatitis B	Yes, if at risk	Yes, if at risk	Yes, if at risk	
HPV (human papillomavirus)	Yes, if between ages 9 and 26	No	Yes, if between ages 9 and 26	
Flu nasal spray	Yes, if less than 50 years of age and healthy. Avoid getting pregnant for 4 weeks.	No	Yes, if less than 50 years of age and healthy. Avoid getting pregnant for 4 weeks.	
Flu shot	Yes	Yes	Yes	
Measles, mumps, rubella (MMR)	Yes; avoid getting pregnant for 4 weeks	No	No	
Meningococcal	If indicated	If indicated	If indicated	
Pneumococcal	If indicated	If indicated	If indicated	
Tetanus	Yes (Tdap preferred)	If indicated, preferably between 27 and 36 weeks pregnant.	Yes (Tdap preferred)	
Tetanus, diphtheria, whooping cough (1 dose only)	Yes	Yes	Yes	

2021 FREE PREVENTIVE HEALTH CARE SERVICES CHILDREN'S HEALTH

CARE FOR NEWBORNS THROUGH AGE 18

You can keep track of services by completing the “Date Received” column.
More than one child? **Click here** for additional copies.

PHYSICAL EXAMS (WELL-CHILD VISITS)

AGE	RECOMMENDATION	DATE RECEIVED
Newborn	1 visit 3 – 5 days after discharge	
0 – 2 years	1 visit at 2, 4, 6, 9, 12, 15, 18 and 24 months	
3 – 6 years	1 visit at 30 months and 1 visit every year for ages 3 – 6	
7 – 10 years	1 visit every year	
11 – 18 years	1 visit every year	

IMMUNIZATIONS

VACCINE	RECOMMENDATION	DATE RECEIVED
Chickenpox (varicella)	First dose between 12 – 15 months old. Second dose between 4 – 6 years old. For kids 7 – 18 years old with no history of the vaccination or disease, 2 doses 28 days apart.	
Diphtheria, tetanus, whooping cough (pertussis)	There are four combination vaccines available. Talk to your child's doctor about the right choice. DTaP and DT: 5 doses, 1 dose at 2, 4, 6 and 18 months old, 1 dose between ages 4 – 6 years.	
Flu (influenza)	Children over 6 months should receive the flu vaccine annually.	
Haemophilus influenza type b	1 dose at 2, 4 and 6 months and once between 12 – 15 months old.	
Hepatitis A	2-dose series 6 months apart beginning at age 12 months. Children not previously immunized through 18 years should complete a 2-dose series 6 months apart.	
Hepatitis B	1 dose at birth, 2 doses before 18 months. All children should receive vaccine if not immunized as a baby.	
HPV (human papillomavirus)	HPV vaccination routinely recommended at age 11 – 12 years (can start at age 9 years) and catch-up HPV vaccination recommended for all persons through age 18 years if not adequately vaccinated 2- or 3-dose series depending on age at initial vaccination: <ul style="list-style-type: none"> • Age 9 through 14 years at initial vaccination: 2-dose series at 0, 6 – 12 months • Age 15 years or older at initial vaccination: 3-dose series at 0, 1 – 2 months, 6 months 	
Polio	4-dose series at ages 2, 4, 6 – 18 months, 4 – 6 years	

VACCINE	RECOMMENDATION	DATE RECEIVED
Measles, mumps, rubella (MMR)	1 dose between 12 –15 months and a second between 4 – 6 years. Can be given to older children if no history of vaccination or the disease.	
Meningitis (meningococcal)	Routine vaccination 2-dose series at 11 – 12 years, 16 years Catch-up vaccination <ul style="list-style-type: none"> • Age 13 – 15 years: 1 dose now and booster at age 16 – 18 years • Age 16 – 18 years: 1 dose 	
Pneumonia (Pneumococcal)	<ul style="list-style-type: none"> • 4-dose series at 2, 4 and 6 months and 12 to 15 months. • 1 dose for healthy children age 24 – 59 months who did not complete the series. 	
Rotavirus	1 dose at 2, 4 and 6 months old.	

DRUGS

Prescription required.

PRESCRIPTION	RECOMMENDATION	DATE RECEIVED
Iron supplements	Children ages 6 – 12 months at risk for iron deficiency.	
Oral fluoride supplements	Starting age 6 months for children without fluoride in their primary water source.	

DOCTOR VISITS AND TESTS

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Alcohol and drug use assessment	Ages 11 – 18.	
Autism screening	At 18 and 24 months.	
Blood pressure	Blood pressure screening for children ages: 0 – 11 months, 1 – 4 years , 5 – 10 years, 11 – 14 years, 15 – 17 years.	
Congenital hypothyroidism screening	Once at birth.	
Dental Visits	Annually starting at age 1.	
<ul style="list-style-type: none"> • Cavity prevention 	Primary care clinicians should prescribe oral fluoride supplements starting at age 6 months for children whose water supply is deficient in fluoride. They should also apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.	
<ul style="list-style-type: none"> • Dental sealants 	Apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption through age 7 years	
Depression screening and behavioral assessments	Behavioral assessments for children ages: 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years. Depression screening: ages 12 – 18	

ASSESSMENTS, SCREENINGS AND COUNSELING	RECOMMENDATION	DATE RECEIVED
Developmental screening	For children under age 3.	
Dyslipidemia screening	Dyslipidemia screening for all children once between 9 and 11 years and once between 17 and 21 years. Screening for children at higher risk of Dyslipidemia screening lipid disorders ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.	
Gonorrhea preventive medication	Once at birth.	
Hearing loss screening	Hearing screening for all newborns; and for children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years. Also includes screening at 4 years, 5 years, 6 years; 8 years; 10 years.	
Hearing Risk Assessment	Recommended at ages 4 mo, 6 mo, 9 mo, 12 mo, 15 mo, 18 mo, 24 mo, 30 mo, 3 years, 7 years, and 9 years.	
Height, weight and body mass percentile	At each visit.	
Hematocrit or hemoglobin screening	For all children.	
Hepatitis B screening	Adolescents at high risk.	
HIV screening	Adolescents starting at age 15. Children under 15 if they're at high risk.	
Lead screening	Lead screening for children at risk of exposure.	
Medical history	At each well-child visit.	
Newborn screenings as identified by the Federal Health Resources and Services Administration	Once at birth.	
Metabolic Screening Panel (Newborns)	Age 0 – 90 days. Does not have diagnosis code requirements for the preventive benefit to apply.	
Obesity screening and physical activity and nutrition counseling	Annual screening for children starting at age 6, and offer comprehensive, intensive behavioral interventions to promote improvements in weight status.	
Oral health risk assessment	At wellness visits for children ages: 0 – 11 months, 1 – 4 years, 5 – 10 years.	
Sexually transmitted infection (STI) prevention, screening and counseling	Screening and behavioral counseling for all adolescents who are at increased risk for infection.	
Tobacco-use screening and counseling	Screening during each visit, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)-approved pharmacotherapy to help smokers quit.	
Tuberculosis (TB) testing	For children at higher risk of tuberculosis.	
Vision screening	Screening for all children at least once between the ages of 3 and 5 years.	



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