

# SUMMARY OF PREVENTIVE SERVICES – MEN

## COVERED UNDER THE PATIENT PROTECTION AND AFFORDABLE CARE ACT

Staying healthy begins with taking care of yourself. There are some basic services that can make a big difference in a healthy life. The good news is these services are available to BlueCross BlueShield of South Carolina members at no cost.\*

For a detailed list of preventive services recommended by the United States Preventive Services Task Force, visit [healthcare.gov/center/regulations/prevention/recommendations.html](http://healthcare.gov/center/regulations/prevention/recommendations.html).

### USPSTF Grade A and B Recommendations

SERVICE	RECOMMENDATION	FREQUENCY
Abdominal aortic aneurysm screening	Ages 65–75 who have smoked	One time
Aspirin to prevent cardiovascular disease	With age restrictions, by prescription under your drug plan	Ask your doctor
Cholesterol screening (lipids)	Ages 45 and older; if at risk for CAD, ages 20-35	Minimum every 4–5 years
Colorectal cancer screening	Ages 50–75	Frequency depends on the type of screening Ask your doctor
Evaluation and management procedure	All ages	Yearly
High blood pressure screening	Age 18 and older	Yearly
Type II diabetes screening	Age 18 and older without symptoms or evidence of diabetes	Yearly
Various STD screening	Sexually active and/or at risk	Ask your doctor

Counseling is covered for the following: alcohol misuse, dietary guidelines, obesity, tobacco use, aspirin use, depression and behavioral risks.

To see a more detailed explanation of these recommendations, please visit [healthcare.gov/center/regulations/prevention/taskforce.html](http://healthcare.gov/center/regulations/prevention/taskforce.html).

### These immunizations are recommended for adults (age 19 and older):

Tetanus, Diphtheria, Pertussis	Measles, Mumps, Rubella	Hepatitis B
Human Papillomavirus	Influenza	Meningococcal
Varicella	Pneumococcal	
Zoster	Hepatitis A	

To get more information on Recommended Adult Immunization Schedule, as well as vaccines that might be indicated for adults based on medical and other indications, please visit [cdc.gov/vaccines/recs/schedules/adult-schedule.htm#avacs](http://cdc.gov/vaccines/recs/schedules/adult-schedule.htm#avacs).



BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.

\*May not apply to all plans