

SUMMARY OF PREVENTIVE SERVICES – WOMEN

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.

USPSTF Grade A and B Recommendations

SERVICE	RECOMMENDATION	FREQUENCY
Aspirin to prevent cardiovascular disease	With age restrictions, by prescription under your drug plan.	Ask your doctor
Bacteriuria screening	Pregnant women	One per pregnancy
Breast cancer screening (mammography)	Ages 40 and older	Yearly at Mammography Network Provider
Breast-feeding interventions	Pregnant women	Ask your doctor
Cervical cancer screening	Sexually active women	Ask your doctor
Cholesterol screening	Ages 45 and older; if at risk for CAD, ages 20-45	Minimum every 4–5 years
Colorectal cancer screening	Ages 50–75	Frequency depends on type of screening; ask your doctor
Depression screening	Ask your doctor	Ask your doctor
Dietary counseling	With hyperlipidemia and other risk factors	Ask your doctor
Evaluation and management procedure	All ages	Yearly
Folic acid supplements	Women planning or capable of pregnancy	Ask your doctor
Hepatitis B screening	Pregnant women	One per pregnancy
High blood pressure screening	Age 18 and older without known hypertension	Yearly
Iron deficiency anemia screening	Pregnant women	Ask your doctor
Osteoporosis screening	Ages 65 and older; age 60 if at increased risk	Ask your doctor
Rh incompatibility	Pregnant women	Ask your doctor
Type II diabetes screening	Age 18 or 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, BRCA, breast cancer chemoprevention, breast-feeding, dietary guidelines, obesity, tobacco use, aspirin use and behavioral risks. To see a more detailed explanation of these recommendations, please visit 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.



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*May not apply to all plans