

Preventive Care 101

Did you know that most important preventive care is free?

Health insurers in the U.S. must cover these essential preventive care services at zero cost to you: no deductible, copayment, or coinsurance. Taking advantage of these preventive services can save your health and your wallet later.

Get your physical! Annual physicals are covered at no cost as part of preventive care. And, many of the no-cost services listed below can be accomplished during this visit!

Screenings



[Abdominal aortic aneurysm one-time screening](#) for men of specified ages who have ever smoked

[Blood pressure screening](#)

[Cholesterol screening](#)

[Colorectal cancer screening](#) for adults 45 to 75

[Diabetes \(Type 2\) screening](#) for adults 40 to 70 years who are overweight or obese

[Hepatitis B screening](#) for people at high risk

[Hepatitis C screening](#) for adults age 18 to 79 years

[HIV screening](#) for everyone ages 15 to 65, and other ages at increased risk

[Lung cancer screening](#) for adults 50 to 80 at high risk for lung cancer

[Syphilis screening](#) for adults at higher risk

[Tobacco use screening](#) for all adults and cessation interventions for tobacco users

[Tuberculosis screening](#) for certain adults without symptoms at high risk

Counseling & mental health services



[Alcohol misuse screening and counseling](#)

[Depression screening](#)

[Diet counseling](#) for adults at higher risk for chronic disease

[Obesity screening and counseling](#)

[Sexually transmitted infection \(STI\) prevention counseling](#) for adults at higher risk and for sexually active women

Medication



[Aspirin use](#) to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk

[PrEP \(pre-exposure prophylaxis\) HIV prevention medication](#) for HIV-negative adults at high risk for getting HIV through sex or injection drug use

[Statin preventive medication](#) for adults 40 to 75 at high risk

Immunizations for adults



Doses, recommended ages, and recommended populations vary:

- [Chickenpox \(Varicella\)](#)
- [Diphtheria](#)
- [Flu \(influenza\)](#)
- [Hepatitis A](#)
- [Hepatitis B](#)
- [Human Papillomavirus \(HPV\)](#)
- [Measles](#)
- [Meningococcal](#)
- [Mumps](#)
- [Whooping Cough \(Pertussis\)](#)
- [Pneumococcal](#)
- [Rubella](#)
- [Shingles](#)
- [Tetanus](#)

65+ and over

[Falls prevention](#) (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting

Services for pregnant women or women who may become pregnant



[Breastfeeding support and counseling](#) including breastfeeding supplies and pumps

[Birth control](#): This includes all FDA-approved contraceptive methods, including the pill, IUDs, and implants¹

[Folic acid](#) supplements

[Gestational diabetes screening](#) for women 24 weeks pregnant (or later) and those at high risk

[Gonorrhea screening](#) for all women at higher risk

[Hepatitis B screening](#) for pregnant women at their first prenatal visit

[Maternal depression screening for mothers at well-baby visits](#)

[Preeclampsia prevention and screening](#) for pregnant women with high blood pressure

[Rh incompatibility screening](#) for all pregnant women, including follow-up testing for women at higher risk

[Syphilis screening](#)

[Expanded tobacco intervention and counseling](#) for pregnant tobacco users

[Urinary tract or other infection screening](#)

[Bone density screening](#) for all women over age 65. This also applies to women age 64 and younger who have gone through menopause

1. Employers can choose not to provide this coverage for religious or moral reasons.

Other covered preventive services for women



[Breast cancer genetic test counseling \(BRCA\)](#) for women at higher risk

[Breast cancer mammography screenings](#)

- Every 2 years for women 50 and over
- As recommended by a provider for women 40–49 or women at higher risk for breast cancer

[Breast cancer chemoprevention counseling](#) for women at higher risk

[Cervical cancer screening](#) (Pap smear) for women ages 21 to 65

[Chlamydia infection screening](#) for women at higher risk

[Diabetes screening](#) for women with a history of gestational diabetes who aren't currently pregnant and who haven't been diagnosed with type 2 diabetes before

[Domestic and interpersonal violence screening and counseling](#) for all women

[Gonorrhea screening](#) for all women at higher risk

[Rh incompatibility screening](#) follow-up testing for women at higher risk

[Urinary incontinence screening](#) for women yearly

[Well-woman visits](#) to get recommended services for all women

Preventive care for children

Health insurers are also required to provide preventive care for children, including:

- Well-baby and well-child visits
- Screenings, such as behavioral, hearing, and developmental screening
- Immunizations, such as the flu shot, chicken pox, and measles

Visit: www.healthcare.gov/preventive-care-children for the full list services covered at no cost.

Source

Healthcare.Gov, Preventive Health Services
<https://www.healthcare.gov/coverage/preventive-care-benefits/>