

EXHIBIT D

PREVENTIVE SERVICES

Under the recently enacted Affordable Care Act, generally known as the “Health Care Reform Legislation”, certain provisions are scheduled to take place over a period of several years. One of those provisions requires that “preventive services” must be covered by health insurance companies without the patient having to pay a copayment or coinsurance or meet their deductible, when these services are delivered by a contracted network provider. VCHCP has elected to comply with this provision commencing with the 2011 benefit year. At that time VCHCP will begin to reimburse providers the full amount allowable under their contract for these services, and will not deduct a member cost share amount. Likewise, network providers will not bill the patient for a share of cost.

The following indicates some of the specific preventive care services which are covered under the Act:

Covered Preventive Services for Adults, Including Pregnant Women

- **Abdominal Aortic Aneurysm** one-time screening for men between the ages of 65-75 who have ever smoked
- **Alcohol misuse** screening and counseling
- **Anemia** screening for pregnant women on a routine basis
- **Aspirin** use to prevent cardiovascular disease for men and women of certain ages. Discuss with your physician
- **Blood Pressure** screening for all adults
- **Breast Cancer Genetic Test Counseling (BRCA)** for women at high risk for breast cancer
- **Breast Cancer** mammography screenings every 2 years for women over age 50 or at younger age depending on risk factors
- **Breast Cancer Chemoprevention** counseling for women at higher risk
- **Breastfeeding comprehensive support** and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
- **Cervical Cancer** screening for sexually active women, starting at age 21, **or** whenever sexual activity starts after the age of 21
- **Chlamydia Infection** screening yearly in sexually active woman ages 16-24 and other women at higher risk
- **Cholesterol Screening** in all men age 35 and older, or age 20-35 who have heart disease or risk factors, women age 20 and older who have heart disease or risk factors
- **Colorectal Cancer** screening for adults over age 50 by one of the following methods: fecal occult blood test yearly, sigmoidoscopy every 5 years, or colonoscopy every 10 years
- **Contraception** Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs).
- **Depression** screening for adults
- **Diabetes (Type 2)** screening for adults with high blood pressure

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- **Diet counseling** for adults at higher risk for chronic disease
- **Domestic and Interpersonal Violence** screening and counseling for all women
- **Folic acid** supplementation for women who may become pregnant
- **Gestational Diabetes** screening for women 24-28 weeks pregnant and those at high risk of developing gestational diabetes
- **Gonorrhea** annual screening for all women at higher risk
- **Hepatitis B** screening for pregnant women at their first prenatal visit
- **HIV** screening and counseling for everyone ages 15 to 65, and other ages at increased risk
- **Human Papillomavirus (HPV) DNA Test** every 5 years for women with normal cytology results who are 30 or older
- **Immunization** vaccines for adults-doses, recommended ages, and recommended populations vary:
 - Hepatitis A
 - Hepatitis B
 - Herpes Zoster
 - Human Papillomavirus
 - Influenza
 - Measles, Mumps, Rubella
 - Meningococcal
 - Pneumococcal
 - Tetanus, Diphtheria, Pertussis
 - Varicella
- **Obesity** screening and counseling for all adults
- **Osteoporosis** screening for women over age 65, or at younger age depending on risk factors
- **Rh Incompatibility** screening for all pregnant women and follow-up testing for women at higher risk
- **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk
- **Syphilis** screening for all adults at higher risk
- **Tobacco Use** screening for all adults and cessation interventions for tobacco users, expanded counseling for pregnant tobacco users
- **Urinary tract** or other infection screening for pregnant women
- **Well-woman visits** to get recommended services for women under 65

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Covered Preventive Services for Children

- **Alcohol and Drug Use** assessments for adolescents
- **Autism** screening for children at 18 and 24 months
- **Behavioral** assessments for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- **Blood Pressure** screening for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- **Cervical Dysplasia** screening for sexually active females
- **Depression** screening between the ages of 12 and 18, or others at increased risk
- **Developmental** screening for children under age 3, and surveillance throughout childhood
- **Dyslipidemia** screening for children at higher risk of lipid disorders at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- **Fluoride Chemoprevention** supplements for children without fluoride in their water source
- **Gonorrhea** preventive medication for the eyes of all newborns
- **Hearing** screening for all newborns
- **Height, Weight and Body Mass Index** measurements for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- **Hematocrit or Hemoglobin** screening for children
- **Hemoglobinopathies** of sickle cell screening for newborns
- **HIV** screening for adolescents at higher risk
- **Hypothyroidism** screening for newborns
- **Immunization** vaccines for children from birth to age 18-doses, recommended ages, and recommended populations vary:
 - Diphtheria, Tetanus, Pertussis
 - Haemophilus influenzae type B
 - Hepatitis A
 - Hepatitis B
 - Human Papillomavirus
 - Inactivated Poliovirus
 - Influenza
 - Measles, Mumps, Rubella
 - Meningococcal
 - Pneumococcal
 - Rotavirus
 - Varicella
- **Iron** supplements for children ages 6 to 12 months at risk for anemia
- **Lead** screening for children at risk of exposure
- **Medical History** for all children throughout development at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- **Obesity** screening and counseling
- **Oral Health** risk assessment for young children ages: 0 to 11 months, 1 to 4 years, 5 to 10 years

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- **Phenylketonuria (PKU)** screening for this genetic disorder in newborns

- **Sexually Transmitted Infection (STI)** prevention counseling and screening for adolescents at higher risk

- **Tuberculin** testing for children at higher risk of tuberculosis at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years

- **Vision Screening** for all children