

# Mississippi State and School Employees' Health Insurance Plan Wellness/Preventive Coverage

Wellness/Preventive Services and Screenings Covered at 100%	Birth to 2 years	Ages 3-11 years	Ages 12-17	Female 18-34	Male 18-39	Female 35-39	Male 40-49	Female 40-49	Male 50+	Female 50+
Wellness visits, preventive medicine evaluations or re-evaluations including blood pressure, dental caries screening, vision and hearing screening for ages 3-5, and counseling as appropriate for risk factors, age or stage of development.	1	1	1	1	1	1	1	1	1	1
Hemoglobin, hematocrit or CBC	2	2	2	2		2		2		2
TB skin testing as needed										
Diabetes screening (A1c) once per calendar year										
Glucose once per calendar year (only for high-risk individuals) beginning at age 3										
Lipid profile once per calendar year				3						
Pap smear once every three or five years				4		4		4		4
Pelvic and breast exam once per calendar year, included in wellness visit			5	5		5		5		5
Sexually transmitted disease screenings (chlamydia infection [age 18-24], syphilis, gonorrhea)										
HIV screening			6	6	6	6	6	6	6	6
Hepatitis B screening, for non-pregnant adolescents and adults at high-risk for infection										
Hepatitis C (HCV) screening									7	7
Mammogram once per calendar year						8		8		8
Osteoporosis in post-menopausal women screening										9
Breast and ovarian cancer susceptibility, genetic risk assessment and BRCA mutation testing, once per lifetime										
Flexible sigmoidoscopy once every five years or colonoscopy once every ten years									10	10
Stool for occult blood once per calendar year										
Lung cancer screening, once per year for smokers with a history of at least 30-pack years and who have quit within the previous 15 years, ages 55-80										
Abdominal aortic aneurysms screening men ages 65-75, once per lifetime										

- Eleven visits within the first 23 months of life; two visits per year ages 2-3; one visit per year ages 4 through 17; two visits per year ages 18 and over.
  - Hemoglobin, hematocrit, CBC, only once between 6-24 months. Females, only performed if pregnant, once per pregnancy.
  - Lipid screenings begin at age 20.
  - Pap smears are recommended only for women age 21 to 65 once every 3 years, or for women ages 30-65 who wish to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years.
  - Pelvic and breast exams are available for females beginning at age 12 if medically appropriate.
  - HIV screenings are for adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened.
  - Hepatitis C screening is a one-time screening for adults born between 1945 and 1965.
  - The USPSTF recommends biennial screening (once every 2 years) for women aged 50 to 74 years.
  - Bone density studies are covered for women once every 2 years beginning at age 60.
  - Flexible sigmoidoscopy and colonoscopy screenings begin at age 50. Additional screenings for individuals considered to be at high-risk for colorectal cancer may be covered under the medical portion of the Plan. High-risk individuals are defined as a:
    - Strong family history of colorectal cancer or polyps (in first-degree relative younger than 60 or two first-degree relatives of any age). A first-degree relative is defined as a parent, sibling or child.
      - Known family history of colorectal cancer syndrome
      - Personal history of colorectal cancer polyps.
- A gastroenterology consult prior to a colonoscopy is not covered under a wellness visit.

Beginning at age 20, the following biometrics are required to be collected for a compliant wellness visit: height, weight, blood pressure, A1c, total cholesterol (HDL, LDL), triglycerides and tobacco usage.

- Preventive Wellness Guidelines are based on recommendations from the following:
- U.S. Preventive Services Task Force (USPSTF)
  - Centers for Disease Control and Prevention (CDC), Advisory Committee on Immunization Practices (ACIP)
  - U.S. Health Resources & Services Administration (HRSA), Preventive Care and Screenings of Infants, Children and Women
  - National Medical Societies



Call your primary care network provider to schedule your wellness visit. To locate a network provider, call 800-294-6307 or go to the "Provider Search" tab at <http://KnowYourBenefits.dfa.ms.gov/provider-search/>.