



# Wellness Benefits

## VIVA UAB, VIVA Access, & VIVA Choice



This schedule outlines preventive services and items that VIVA HEALTH will pay at 100% for the non-grandfathered [UAB Post Doctoral] [VIVA UAB, VIVA Access, and VIVA Choice] plan[s]. Many of the services are provided as part of an annual physical, which is covered at 100%. In some cases, an office visit or facility copayment or coinsurance may apply if the preventive service or item is billed separately from the visit. A copayment or coinsurance may also apply if the primary purpose of your visit is not routine, preventive care. All services must be performed by a provider in your network. This list does not apply to all VIVA HEALTH plans. Please refer to your Certificate of Coverage to determine the terms of your health plan.

PREVENTIVE SERVICE	FREQUENCY/LIMITATIONS
<b>Well Baby Visits (Age 0-2)</b> <ul style="list-style-type: none"> <li>Routine Screenings, tests, &amp; immunizations</li> </ul>	<b>As recommended per guidelines<sup>1</sup></b> As recommended per guidelines
<b>Well Child Visits (Age 3-17)</b> <ul style="list-style-type: none"> <li>Routine screenings, tests, &amp; immunizations</li> <li>HIV screening &amp; Counseling</li> <li>Obesity Screening</li> <li>Hepatitis B virus screening</li> <li>Sexually transmitted infection counseling</li> <li>Anxiety screening</li> <li>Skin cancer behavioral counseling (Beginning at age 10)</li> </ul>	<b>One per year at PCP<sup>3</sup></b> As recommended per guidelines As recommended per guidelines As recommended per guidelines As recommended per guidelines Annually Adolescent females – as recommended per guidelines As recommended per guidelines
<b>Routine Physical<sup>2</sup> (Age 18+)</b> <ul style="list-style-type: none"> <li>Alcohol misuse screening &amp; counseling</li> <li>Anxiety screening</li> <li>Blood pressure screening</li> <li>Cholesterol screening</li> <li>Depression screening</li> <li>Diabetes screening</li> <li>Hepatitis B and C Virus Screening</li> <li>HIV screening &amp; counseling</li> <li>Obesity screening</li> <li>Sexually transmitted infection counseling</li> <li>Syphilis screening</li> <li>Skin cancer behavioral counseling (Up to age 24)</li> </ul>	<b>One per year at PCP<sup>3</sup></b> Annually Females- as recommended per guidelines Annually As recommended per guidelines Annually As recommended per guidelines As recommended per guidelines As recommended per guidelines As recommended per guidelines Annually As recommended per guidelines As recommended per guidelines
<b>Well Woman Visit<sup>2</sup> (Adolescents &amp; Adults)</b> <ul style="list-style-type: none"> <li>Pap smear/cervical cancer screening</li> <li>Chlamydia screening</li> <li>Contraception counseling</li> <li>Domestic violence screening &amp; counseling</li> <li>Gonorrhea screening</li> <li>HPV DNA testing</li> <li>Anxiety screening</li> <li>Depression Screening</li> </ul>	<b>One per year at PCP or OB/GYN</b> Annually As recommended per guidelines As recommended per guidelines Annually As recommended per guidelines Females 30+, every three years As recommended per guidelines Annually
<b>Maternity Care (Pregnant Females) Prenatal and Postpartum Services (Up to 6 visits per pregnancy for the following services):</b> <ul style="list-style-type: none"> <li>Anemia screening</li> <li>Bacteriuria screening</li> <li>Chlamydia screening</li> <li>Anxiety screening</li> <li>Depression Screening</li> <li>Gestational diabetes mellitus screening</li> <li>Gonorrhea screening</li> <li>Hepatitis B screening</li> <li>HIV screening</li> <li>Rh incompatibility screening</li> <li>Syphilis screening</li> <li>Breast feeding counseling</li> <li>Tobacco counseling</li> <li>Breast pump purchase<sup>4</sup></li> </ul>	<b>As recommended per guidelines</b> As recommended per guidelines One at 12-16 weeks' gestation One per pregnancy for at-risk females As recommended per guidelines One per pregnancy and postpartum First prenatal visit if high-risk; after 24 weeks of gestation for all females One per pregnancy for at-risk females First Prenatal visit One per pregnancy First prenatal visit for all females; repeated testing at 24-28 weeks' gestation if at-risk One per pregnancy Two per pregnancy Three per pregnancy for females who smoke One electric pump selected by VIVA HEALTH every four years



### PREVENTIVE SERVICE

### FREQUENCY/LIMITATIONS

#### Contraception (Females)

- Oral Contraceptives<sup>5</sup>
- Implant (Implanon)
- Injection (Depo-Provera shot)
- I.U.D.

Generics only; Prescription required  
As recommended per guidelines; Performed in physician's office  
One every three months  
As recommended per guidelines; Performed in physician's office

#### Contraception (Females), *continued*

- Diaphragm or cervical cap
- Over the counter contraceptives (Females)<sup>5</sup>
- Sterilization
- Contraceptive Patch
- Contraceptive Vaginal Ring

One per year  
Generic only; Prescription required; Quantity limits apply based on method  
One procedure per lifetime  
Three per month  
One per month

#### Other Preventive Services

- **Osteoporosis screening** (All females age 65+ and at-risk of all ages)
- **Screening mammography** (Females age 40+)
- **BRCA risk assessment and genetic counseling/testing** (At-risk females)
- **Lung cancer screening** (Very heavy smokers, ages 50-80)
- **Colorectal cancer screening** (Age 45+)
  - Fecal occult blood testing and Fecal Immunochemical Test (FIT)
  - Fecal-DNA
  - Sigmoidoscopy
  - Screening colonoscopy
- **Abdominal aortic aneurysm screening** (Males age 65-75 w/ smoking history)
- **Tuberculosis screening** (Asymptomatic, at-risk adults age 18+)
- **Dental caries prevention** (Infants and children from birth through age 5)
- **Routine immunizations<sup>6</sup>** (Not travel related); Includes, but not limited to:
  - Influenza (Age 6 months-adult)
  - HPV (Starting age 11-12 or catch-up ages 27-45)
  - Pneumococcal
  - Zoster (Shingles) (Age 60+)
  - RZV/Shingrix (Shingles) (Age 50+)
- **Diet counseling** (Adults with high cholesterol or other risks for heart or diet-related chronic disease)
- **Obesity counseling** (Clinically obese children and adults: BMI ≥ 30)
- **Tobacco use counseling and interventions**
- **HIV Preventive Services** (HIV-uninfected people at high risk, when testing for or undergoing pre-exposure preventive therapy (PrEP). Services include HIV testing, Hepatitis B and C testing, creatine testing, pregnancy testing, STI screening and counseling, and PrEP adherence counseling.)

As recommended per guidelines  
One per year  
Per medical/family history  
One per year, as recommended per guidelines  
One per year  
One every three years  
One every five years  
One every 10 years  
One per lifetime  
One per year, as recommended per guidelines  
Four per year at physician's office  
As recommended by CDC  
Two per calendar year  
Three doses per lifetime  
As recommended by PCP  
One per lifetime  
Two doses per lifetime  
Three visits per year  
Six visits per lifetime  
Two visits per year with PCP or specialist  
HIV testing every three months; Other services as recommended per guidelines

### PHARMACY BENEFITS<sup>5</sup>

### FREQUENCY/LIMITATIONS

- **Aspirin to prevent heart disease** (Males ages 45-79; Females ages 55-79)
- **Low-dose (81 mg) aspirin to prevent preeclampsia** (High-risk pregnant females after 12 weeks of gestation)
- **Folic acid supplements** (Females 55 & younger)
- **Iron supplements** (12 months & younger)
- **Oral contraceptives** (Females)
- **Over the counter contraceptives** (Females)
- **Oral fluoride supplements** (6 years & younger)

Generic only  
Generic only  
Generic only  
For babies at risk for anemia  
Generic only  
Generic only  
For children whose water source is fluoride deficient



<ul style="list-style-type: none"> <li>• <b>HIV pre-exposure preventive (PrEP) therapy</b></li> </ul>	HIV PrEP for high-risk, HIV-uninfected individuals (generic only)
<ul style="list-style-type: none"> <li>• <b>Breast Cancer Preventive Drugs</b> (Females)<sup>8</sup></li> <li>• <b>Statins to prevent cardiovascular disease (CVD)</b> (at-risk adults ages 40-75 with no history of CVD and one or more CVD risk factors)</li> </ul>	Tamoxifen and raloxifene (generic only) Low-to-moderate dose select generics only
<ul style="list-style-type: none"> <li>• <b>Tobacco cessation products</b><sup>7</sup></li> </ul>	Two, 12-week treatment courses total per Calendar Year. Prescription required. <ul style="list-style-type: none"> <li>• Generic nicotine replacement products (including the patch, lozenge, gum, inhaler, or nasal spray), or</li> <li>• Nicotrol (inhaler or nasal spray), or</li> <li>• Generic Zyban, or</li> <li>• Varenicline tartrate (generic only when available)</li> </ul>

### VIVA HEALTH Low-to-Moderate Dose Generic Statins Covered at 100%

The list below contains low-to-moderate dose select generic statins that VIVA HEALTH will pay at 100% for members ages 40-75 with no history of cardiovascular disease (CVD) but one or more risk factors for CVD on its non-grandfathered “Wellness” plans with prescription drug coverage through VIVA HEALTH. Coverage is still available for other statins on VIVA HEALTH’s formulary that are not included on this list but with the applicable copayment or coinsurance. You or your provider may request an exception from VIVA HEALTH to receive statins not included in the list below covered at 100%<sup>7</sup>.

ATORVASTATIN 10 – 20MG

FLUVASTATIN IR AND XL 20 – 80MG

LOVASTATIN 10 – 40 MG

PRAVASTATIN 10 – 80 MG

SIMVASTATIN 5 – 40MG

ROSUVASTATIN 5 – 10MG

<sup>1</sup>“As recommended per guidelines” means as recommended by your physician and in accordance with guidelines issued under the Affordable Care Act. <sup>2</sup>Must be part of your annual physical or OB/GYN visit for coverage at 100% <sup>3</sup>PCP means personal care provider or primary care physician and is generally an internist, family practitioner, general practitioner, pediatrician, and sometimes an obstetrician/ gynecologist. <sup>4</sup>To order a breast pump, member must be within 30 days of due date or actively breastfeeding. Call MedSouth Medical Supplies at 1-800-423-8677. <sup>5</sup>Must have prescription coverage through VIVA HEALTH to access this benefit. Prescription required for coverage, even for over-the-counter products. Quantity limits may apply. Exceptions to limits may apply based on medical necessity. <sup>6</sup> For a full list of covered immunizations, please visit [www.vivahealth.com](http://www.vivahealth.com) or call VIVA HEALTH Customer Service at 1-800-294-7780 and ask a representative to mail you a copy. <sup>7</sup>Prior Authorization must be obtained in order to access additional courses of treatment covered at 100%. <sup>8</sup>Must complete and return to VIVA HEALTH an exception form to be eligible to receive at \$0 copayment. Visit [www.vivahealth.com/provider/Resources](http://www.vivahealth.com/provider/Resources) to download the form, or call Customer Service.

VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-294-7780 (TTY: 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務. 請致電 1-800-294-7780 (TTY: 711).