



Wellness Benefits



This schedule outlines preventive services and items that VIVA HEALTH will pay at 100% for its ABC Coke Division of Drummond Company, Inc. plan. 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. Please refer to your Certificate of Coverage to determine the terms of your health plan.

| PREVENTIVE SERVICE | FREQUENCY/LIMITATIONS |
|--|---|
| Well Baby Visits (Age 0-2) <ul style="list-style-type: none"> Routine screenings, tests, and immunizations | As recommended per guidelines¹ As recommended per guidelines |
| Well Child Visits (Age 3-17) <ul style="list-style-type: none"> Routine screenings, tests, and immunizations HIV screening and counseling Obesity screening Hepatitis B virus screening Sexually transmitted infection counseling Anxiety screening Skin cancer behavioral counseling (Beginning at age 10) | One per year at PCP² 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 |
| Routine Physical (Age 18+) (Must be part of your annual physical or OB/GYN visit for coverage at 100%) <ul style="list-style-type: none"> Alcohol misuse screening and counseling Anxiety screening Blood pressure screening Cholesterol screening Depression screening Diabetes screening Hepatitis B and C virus screening HIV screening and counseling Obesity screening Sexually transmitted infection counseling Syphilis screening Skin cancer behavioral counseling (Up to age 24) | One per year at PCP² Annually Females – as recommended per guidelines Annually As recommended per guidelines Annually As recommended per guidelines As recommended per guidelines As recommended per guidelines Annually As recommended per guidelines As recommended per guidelines |
| Well Woman Visit (Adolescents & Adults) (Must be part of your annual physical or OB/GYN visit for coverage at 100%) <ul style="list-style-type: none"> Pap smear/cervical cancer screening Chlamydia screening Contraception counseling Domestic violence screening and counseling Gonorrhea screening HPV DNA testing Anxiety screening Depression screening | One per year at PCP² or OB/GYN Annually As recommended per guidelines As recommended per guidelines Annually As recommended per guidelines Females 30+, every three years As recommended per guidelines Annually |
| <ul style="list-style-type: none"> Maternity Care (Pregnant Females) Prenatal and Postpartum Services (Up to 6 visits per pregnancy for the following services): <ul style="list-style-type: none"> Anemia screening Bacteriuria screening Chlamydia screening Anxiety screening Depression screening Gestational diabetes mellitus screening Gonorrhea screening Hepatitis B screening HIV screening Rh incompatibility screening Syphilis screening Breast feeding counseling | As recommended per guidelines 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 one 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 |



PREVENTIVE SERVICE

FREQUENCY/LIMITATIONS

Maternity Care (Pregnant Females), *continued*

- Tobacco counseling
- Breast pump purchase³

Three per pregnancy for females who smoke
One electric pump selected by VIVA HEALTH every four years

Contraception (Females)

- Oral contraceptives⁴
- Implant (Implanon)
- Injection (Depo-Provera shot)
- I.U.D.
- Diaphragm or cervical cap
- Over the counter contraceptives (Females)⁴
- Sterilization
- Contraceptive patch⁴
- Contraceptive vaginal ring⁴

Consult CVS Caremark at 1-844-253-2025
As recommended per guidelines; Performed in physician's office
One every three months
As recommended per guidelines; Performed in physician's office
One per year
Consult CVS Caremark at 1-844-253-2025
One procedure per lifetime
Consult CVS Caremark at 1-844-253-2025
Consult CVS Caremark at 1-844-253-2025

Other Preventive Services

- **Osteoporosis screening** (All females age 65+ and at-risk women of all ages)
- **Screening mammography** (Females age 40+)
- **BRCA risk assessment and genetic counseling/testing** (At-risk females)
- **Lung cancer screening** (Very heavy smokers age 55-80)
- **Colorectal cancer screening** (Age 50-75)
 - 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 immunizations⁵** (Not travel related); Includes, but not limited to:
 - Influenza (Age 6 months-adult)
 - HPV (Starting age 11-12 or catch-up 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**

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

PHARMACY BENEFITS⁴

- Aspirin to prevent heart disease
- Low-dose (81 mg) aspirin to prevent preeclampsia
- Folic acid supplements
- Iron supplements
- Oral contraceptives
- HIV pre-exposure preventive (PrEP) therapy
- Over the counter contraceptives
- Oral fluoride supplements
- Tobacco cessation products
- Breast cancer preventive drugs
- Statins to prevent cardiovascular disease (CVD)

¹"As recommended per guidelines" means as recommended by your physician and in accordance with guidelines issued under the Affordable Care Act. ²PCP means personal care provider or primary care physician and is generally an internist, family practitioner, general practitioner, pediatrician, and sometimes an obstetrician/gynecologist. ³To 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. Exceptions to limits may apply based on medical necessity. ⁴Consult CVS Caremark Member Services at 1-844-253-2025 for details, frequency, and limitations. ⁵For a full list of covered immunizations, please visit www.vivahealth.com or call VIVA HEALTH Customer Service at 1-866-300-0297 and ask a representative to mail you a copy.

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 1-866-300-0297 (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 1-866-300-0297 (TTY: 711)。