



# Wellness Benefits



This schedule outlines preventive services and items that VIVA HEALTH will pay at 100% for its non-grandfathered “Wellness” plans. 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>	<b>As recommended per guidelines<sup>1</sup></b>
• Routine screenings, tests, and immunizations	As recommended per guidelines
<b>Well Child Visits (Age 3-17)</b>	<b>One per year at PCP<sup>2</sup></b>
• Routine screenings, tests, & immunizations	As recommended per guidelines
• HIV screening and counseling	As recommended per guidelines
• Obesity screening	As recommended per guidelines
• Hepatitis B virus screening	As recommended per guidelines
• Sexually transmitted infection counseling	Annually
• Anxiety and depression screening	Ages 8 and above; Up to three each per calendar year
• Skin cancer behavioral counseling	Ages 10 and above; As recommended per guidelines
<b>Routine Physical (Age 18+) (Must be part of your annual physical or OB/GYN visit for coverage at 100%)</b>	<b>One per year at PCP<sup>2</sup></b>
• Alcohol misuse screening and counseling	Annually
• Anxiety and depression screening	Up to 3 each per calendar year (incl. screenings at physical & well woman visit)
• Blood pressure screening	Annually
• Cholesterol screening	As recommended per guidelines
• Diabetes screening	As recommended per guidelines
• Hepatitis B and C virus screening	As recommended per guidelines
• HIV screening and counseling	As recommended per guidelines
• Obesity screening	As recommended per guidelines
• Sexually transmitted infection counseling	Annually
• Syphilis screening	As recommended per guidelines
• Skin cancer behavioral counseling (Up to age 24)	As recommended per guidelines
<b>Well Woman Visit (Adolescents &amp; Adults) (Must be part of your annual physical or OB/GYN visit for coverage at 100%)</b>	<b>One per year at PCP<sup>2</sup> or OB/GYN</b>
• Pap smear/cervical cancer screening	Annually
• Chlamydia screening	As recommended per guidelines
• Contraception counseling	As recommended per guidelines
• Domestic violence screening and counseling	Annually
• Gonorrhea screening	As recommended per guidelines
• HPV DNA testing	Females 30+, every three years
• Anxiety and depression screening	Up to 3 each per calendar year (incl. screenings at physical & well woman visit)
<b>Maternity Care (Pregnant Individuals) Prenatal and Postpartum Services (Up to 6 visits per pregnancy for the following services):</b>	<b>As recommended per guidelines</b>
• Anemia screening	As recommended per guidelines
• Bacteriuria screening	One at 12-16 weeks' gestation
• Chlamydia screening	One per pregnancy if at risk
• Anxiety and depression screening	One each per pregnancy and after delivery
• Perinatal depression counseling	Two per year
• Gestational diabetes mellitus screening	First prenatal visit if high-risk; after 24 weeks of gestation for all others
• Gonorrhea screening	One per pregnancy if at risk
• Hepatitis B screening	First prenatal visit
• HIV screening	One per pregnancy
• Rh incompatibility screening	First prenatal visit; repeated testing at 24-28 weeks' gestation if at-risk
• Syphilis screening	One per pregnancy
• Tobacco counseling	Three per pregnancy for individuals who smoke
• Breast feeding counseling	Five per pregnancy
• Breast pump purchase and supplies <sup>3</sup>	Breast pump limited to one electric pump selected by VIVA HEALTH per pregnancy



## PREVENTIVE SERVICE

## FREQUENCY/LIMITATIONS

### Contraception (Females)

• Implant (Implanon)	As recommended per guidelines; Performed in physician's office
• Injection (Depo-Provera shot)	One every three months
• I.U.D.	As recommended per guidelines; Performed in physician's office
• Diaphragm or cervical cap	One per year
• Sterilization	One procedure per lifetime
• Oral contraceptives <sup>4</sup>	Generics and select brands; Prescription required
• Over the counter contraceptives (Females) <sup>4</sup>	Generic only; Prescription required; Quantity limits apply based on method
• Contraceptive patch <sup>4</sup>	Three per month
• Contraceptive vaginal ring <sup>4</sup>	One per month

## OTHER PREVENTIVE SERVICES

## FREQUENCY/LIMITATIONS

• <b>Osteoporosis screening</b> (All females age 65+ and at-risk of all ages)	As recommended per guidelines
• <b>Screening mammography</b> (Females age 40+)	One per year
• <b>BRCA risk assessment and genetic counseling/testing</b> (At-risk females)	Per medical/family history
• <b>Lung cancer screening</b> (Very heavy smokers age 50-80)	One per year, as recommended per guidelines
• <b>Colorectal cancer screening</b> (Age 45+)	
○ Fecal occult blood testing and Fecal Immunochemical Test (FIT)	One per year
○ Fecal-DNA	One every three years
○ Sigmoidoscopy	One every five years
○ Screening colonoscopy	One every 10 years
○ Screening for lifetime	One per lifetime
• <b>Abdominal aortic aneurysm screening</b> (Men age 65-75 w/ smoking history)	One per year, as recommended per guidelines
• <b>Tuberculosis screening</b> (Asymptomatic, at-risk adults age 18+)	Four per year at physician's office
• <b>Dental caries prevention</b> (Infants and children from birth through age 5)	As recommended by CDC
• <b>Routine immunizations<sup>5</sup></b> (not travel related)	
Includes, but not limited to:	
○ Influenza (Age 6 months-adult)	Two per calendar year
○ HPV (Starting age 11-12 or catch-up ages 27-45)	Three doses per lifetime
○ Pneumococcal	As recommended by PCP
○ RSV	Infants <8 months, children 8 months – 19 months at increased risk of severe RSV, pregnant individuals 32-36 weeks gestational age of pregnancy, and adults age 60+
○ COVID	As recommended by CDC
○ Zoster (Shingles) (Age 60+)	One per lifetime
○ RZV/Shingrix (Shingles) (Age 50+)	Two doses per lifetime
• <b>Diet/nutrition counseling</b>	Three visits per year
• <b>Obesity counseling</b> (Clinically obese children: BMI $\geq$ 95 <sup>th</sup> percentile for age and sex; Clinically obese adults: BMI $\geq$ 30)	Six visits per lifetime
• <b>Tobacco use counseling and interventions</b>	Two visits per year with PCP or specialist
• <b>HIV Preventive Services</b> (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.)	HIV testing every three months; Other services as recommended per guidelines

## PHARMACY BENEFITS<sup>4</sup>

## FREQUENCY/LIMITATIONS

• <b>Aspirin to prevent heart disease</b> (Males ages 45-79; Females ages 55-79)	Generic only
• <b>Low-dose (81 mg) aspirin to prevent preeclampsia</b> (High-risk pregnant females after 12 weeks of gestation)	Generic only
• <b>Folic acid supplements</b> (Females 55 & younger)	Generic only
• <b>Iron supplements</b> (12 months & younger)	For babies at risk for anemia
• <b>Oral contraceptives</b> (Females)	Generics and select brands
• <b>Over the counter contraceptives</b> (Females)	Generic only
• <b>Oral fluoride supplements</b> (6 years & younger)	For children whose water source is fluoride deficient
• <b>HIV pre-exposure preventive (PrEP) therapy</b>	For high-risk, HIV-uninfected individuals (select drugs)
• <b>Breast cancer preventive drugs</b> (Females) <sup>6</sup>	Tamoxifen and raloxifene (generic only)
• <b>Statins to prevent cardiovascular disease (CVD)</b> (At-risk adults ages 40-75 with no history of CVD and 1 or more CVD risk factors)	Low-to-moderate dose select generics only
• <b>Tobacco cessation products</b> <sup>7</sup>	Up to 12 weeks without Prior Authorization per calendar year for generic Zyban, generic nicotine patch, gum and lozenge, and nicotine inhaler or nasal spray; up to 24 weeks without Prior Authorization per calendar year for varenicline tartrate (generic only when available)



# Wellness Benefits



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

The list below contains low-to-moderate dose 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.

ATORVASTATIN 10 – 20MG  
FLUVASTATIN IR AND XL 20 – 80MG

LOVASTATIN 10 – 40 MG  
PRAVASTATIN 10 – 80 MG

SIMVASTATIN 5 – 40MG  
ROSUVASTATIN 5 – 10MG

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<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>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>3</sup>To order a breast pump or breast pump supplies, 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. <sup>4</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 may apply based on medical necessity. <sup>5</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>6</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. <sup>7</sup>Prior Authorization must be obtained in order to access additional courses of treatment covered at 100%.