



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)	As recommended per guidelines¹ As recommended per guidelines
• Routine screenings, tests, and immunizations	
Well Child Visits (Age 3-17)	One per year at PCP² As recommended per guidelines As recommended per guidelines As recommended per guidelines As recommended per guidelines Annually Ages 8 and above; Up to three each per calendar year Ages 10 and above ³ As recommended per guidelines
• Routine screenings, tests, and immunizations	
• HIV screening and counseling	
• Obesity screening	
• Hepatitis B virus screening	
• Sexually transmitted infection counseling	
• Anxiety and depression screening	
• Skin cancer behavioral counseling	
Routine Physical (Age 18+; Must be part of your annual physical or OB/GYN visit for coverage at 100%)	One per year at PCP² Annually Up to 3 each per calendar year (incl. screenings at physical & well woman visit) Annually As recommended per guidelines 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
• Alcohol misuse screening and counseling	
• Anxiety and depression screening	
• Blood pressure screening	
• Cholesterol 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)	
Well Woman Visit (Adolescents & Adults; Must be part of your annual physical or OB/GYN visit for coverage at 100%)	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 Up to 3 each per calendar year (incl. screenings at physical & well woman visit)
• Pap smear/cervical cancer screening	
• Chlamydia screening	
• Contraception counseling	
• Domestic violence screening and counseling	
• Gonorrhea screening	
• HPV DNA testing	
• Anxiety and depression screening	
Maternity Care (Pregnant Individuals) Up to 6 visits per pregnancy for the following services:	As recommended per guidelines (Prenatal and Postpartum Services)
• 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; repeat testing at 24-28 weeks' gestation if at-risk
• Syphilis screening	One per pregnancy
• Breast feeding counseling	Five per pregnancy
• Tobacco counseling	Three per pregnancy for individuals who smoke
• Breast pump purchase and supplies ³	Breast pump limited to one electric pump selected by VIVA HEALTH per pregnancy
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



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PREVENTIVE SERVICE

Contraception (Females) Continued

- Diaphragm or cervical cap
- Sterilization
- Oral contraceptives
- Over the counter contraceptives (Females)
- Contraceptive patch
- Contraceptive vaginal ring

FREQUENCY/LIMITATIONS

- One per year
- One procedure per lifetime
- Consult CVS Caremark at 1-844-253-2025

OTHER PREVENTIVE SERVICES

- **Osteoporosis screening** (All females age 65+ & 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 50-80)
- **Colorectal cancer screening** (Age 45-75)
 - 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 immunizations⁴** (not travel related)

Includes, but not limited to:

 - Influenza (Age 6 months-adult)
 - HPV (Starting age 11-12 or catch-up 27-45)
 - Pneumococcal
 - RSV
 - COVID
 - Zoster (Shingles) (Age 60+)
 - RZV/Shingrix (Shingles) (Age 50+)
- **Diet/nutrition counseling**
- **Obesity counseling** (Clinically obese children: BMI \geq 95th percentile for age and sex; Clinically obese adults: BMI \geq 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.)

FREQUENCY/LIMITATIONS

- 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
- 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+
- As recommended by CDC
- 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 - Consult CVS Caremark Member Services at 1-844-253-2025 for details, frequency, and limitations.

- 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
- Oral contraceptives, contraceptive patch, contraceptive vaginal ring, and over-the-counter contraceptives
- Oral fluoride supplements
- Tobacco cessation products
- Breast cancer preventive drugs
- Statins to prevent cardiovascular disease (CVD)

¹As 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 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. ⁴For 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.