

Exhibit C

Preventive Health Coverage

Effective 01.01.2021

Members have access to these preventive care services without copay or co-insurance when provided by a preferred or in-network provider. While preventive care services are also covered when provided out-of-network, they are covered at a lower coinsurance rate and are subject to the Plan deductible.

These preventive health services are based on requirements from the Patient Protection and Affordable Care Act (PPACA) and recommendations from the U.S. Preventive Services Task Force (USPSTF), the Human Resources & Services Administration (HRSA), the Advisory Committee on Immunization Practices (ACIP) for immunizations, the American Academy of Pediatrics' (AAP) Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care, and the American Academy of Family Practice (AAFP). For additional information on immunizations, visit the immunization schedule section of www.cdc.gov.

Wellness Exams and Immunizations				
	Birth to 2 years	Ages 3 to 10	Ages 11 to 21	Ages 22 and older
Well-baby/well-child/well-person exams: includes height, weight, head circumference, BMI, history, anticipatory guidance, education regarding risk reduction, psychological/behavioral assessment. Note: There may be member cost sharing for some services dependent on your benefit plan	Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months. Additional visit at 3-5 days after birth and within 72 hours after discharge	Once a year	Once a year	Periodic visits, depending on age
Diphtheria, tetanus toxoids and acellular pertussis (DTaP)	2, 4 and 6 months and 15-18 months	Ages 4-6	Tetanus, diphtheria, acellular pertussis (Tdap) given once after age 11	Tetanus and diphtheria toxoids booster (Td) every 10 years; Tdap given once after age 11
Haemophilus influenzae type b conjugate (Hib)	2, 4 and 6 months and 12-15 months			
Hepatitis A (HepA)	12-23 months			May be required for persons at risk – per provider
Hepatitis B (HepB)	At birth, 1-4 months and 6-18 months	Ages 3-10 if not previously immunized	Ages 11-18 if not previously immunized	May be required for persons at risk – per provider

	Birth to 2 years	Ages 3 to 10	Ages 11 to 21	Ages 22 and older
Human papillomavirus (HPV): limit 3 per lifetime		Ages 9-10 per provider	Ages 11-12, catch-up, ages 13-26	Catch-up, age <46
Influenza vaccine	Annually at 6 months	Annually	Annually	Annually
Measles, mumps and rubella (MMR)	Ages 12-15 months (first dose)	Ages 4-6 (second dose) or 11 and 12 if not given earlier	If not already immune	Rubella for women of childbearing age if not immune Age <63 1-2 doses per provider
Meningococcal (A,C,W,Y)	Ages 2 months – 10 years per provider for special situation	Ages 3-10 per provider for special situations	All persons ages 11-18 (two doses if given before 16 years)	Per provider for special situations
Meningococcal (MEN B)		Age 10	Age 16-21 up to 3 doses per provider	Age 22-25 up to 3 doses per provider
Pneumococcal (pneumonia)	PCV 13: 2, 4 and 6 months and 12-15 months PPSV 23: per provider	PPSV 23: per provider	Ages 19-64 PCV 13 one dose per provider	Ages 65 and older PCV 13 one dose if not previously vaccinated PPSV 23 one dose at least one year after PCV 13 Revaccination per provider for those with risk factors.
Poliovirus (IPV)	2 and 4 months and 6-18 months	Ages 4-6	Per provider	Per provider
Rotavirus	RV 5 (3 doses) at 2, 4, and 6 months RV 1 (2 doses) at 2 and 4 months			
Varicella (chickenpox)	Ages 12-15 months (first dose)	Ages 4-6 (second dose)	Age 13+: 2 doses if never vaccinated or never had chickenpox	Age 13+: 2 doses if never vaccinated or never had chickenpox
Zoster (Shingles)				Ages 50 and older: two doses of recombinant vaccine Ages 60 and older: one dose of live vaccine per provider if cannot

				tolerate recombinant vaccine
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Health screenings and interventions				
	Birth to 2 years	Ages 3 to 10	Ages 11 to 21	Ages 22 and older
Aortic Abdominal Aneurysm Screening				Men ages 65-75 who have ever smoked; limited to one per lifetime
Alcohol, Drugs, & Tobacco Assessments			Ages 11+: per provider	All adults per provider
Autism	18, 24 months			
Blood pressure		Annually	Annually	Annually
Cholesterol/lipid disorders – Total Cholesterol, LDL, VLDL, HDL, Triglycerides	Age 2 per provider	Age 10 Ages 4, 6, 8, 9: per provider	Age 20 Ages 11-19: per provider	Annually per provider
Colon cancer screening				The following tests will be covered for colorectal cancer screening, ages 45 -85 (or at any age if risk factors): 1. Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) annually 2. Flexible sigmoidoscopy every 5 years 3. Colonoscopy every 10 years.
Congenital hypothyroidism screening	Birth			
Depression screening			Ages 12-21	Per provider
Developmental screening	9, 18 months	30 months		

	Birth to 2 years	Ages 3 to 10	Ages 11 to 21	Ages 22 and older
Developmental surveillance	Newborn, 1, 2, 4, 6, 12, 15, 24 months	Annually	Annually	
Diabetes care: HbA1c screening	Per provider up to 4 times annually	Per provider up to 4 times annually	Per provider up to 4 times annually	Per provider up to 4 times annually
Diabetes care: Microalbumin nephropathy screening	Per provider up to 2 times annually	Per provider up to 2 times annually	Per provider up to 2 times annually	Per provider up to 2 times annually
Diabetes care / screening: Glucose screening – includes blood glucose, post glucose dose level, oral glucose tolerance test	Annually per provider	Annually per provider	Annually per provider; Twice annually during pregnancy	Annually per provider; Twice annually during pregnancy
Fluoride supplementation	Ages 6m+: per provider	Per provider	Ages 11-16: per provider	
Hearing screening: not complete hearing examination	Birth, 3-5 days Ages 4,6,9,12,15,18,24,30m: per provider	Ages: 4,5,6,8 and 10, Ages 3,7,9y: per provider	Ages 13,16,20 Ages 11-21: per provider	
Hemoglobin or hematocrit	12 months Ages 4, 15+m: per provider	Ages 3+: per provider	Ages 11+: per provider	Per provider
Hepatitis B Screening			Per provider	Per provider
Hepatitis C Screening			Per provider	Per provider
HIV Screening	Per Provider	Per Provider	Per provider	Per provider
HIV Prophylaxis for high risk – PrEP Antiviral Meds			Per provider	Per provider
Iron supplementation	Ages 6m+: per provider			
Labs – BMP, CMP, TSH, CBC, magnesium, vitamin D Note: General Health Panel includes CMP, TSH, CBC		Annually per provider	Annually per provider	Annually per provider
Lead screening	Ages 12,24 months Ages 6,9,18m: per provider	Ages 3-6: per provider		
Lung Cancer Screening with Low Dose Computerized Tomography (LDCT)				Adults aged 55-80, with a 30 pack year history of smoking, are currently smoking or quit within the past 15 years. Stop screening once smoke-

				free for 15 years.
Metabolic/hemoglobinopathies: according to state law	Birth			
	Birth to 2 years	Ages 3 to 10	Ages 11 to 21	Ages 22 and older
Nutrition counseling			Adults with hyperlipidemia, those at risk for cardiovascular disease or diet- related chronic disease per provider	Adults with hyperlipidemia, those at risk for cardiovascular disease or diet- related chronic disease per provider
Obesity Screening and Counseling		Age 6 +: per provider	Per provider	Per provider
PKU screening	Birth			
Prophylactic ocular (eye) medication to prevent blindness	Birth			
Prostate cancer screening (PSA)				Men ages 55-69: per provider
Sexually transmitted infections (STI)			Ages 11-21: per provider	Per provider
Sickle cell disease screening	Birth			
Syphilis Screening			Per provider	Per provider
Tobacco use/cessation interventions		Per Provider	Per Provider	Per Provider
Tuberculin test	Per provider	Per provider	Per provider	Per provider
Vision Screening	Per provider	Ages: 3,4,5,6,8 and 10 Other ages per provider	Age 12, Other ages per provider	

Women's Health Screenings and Interventions	
Anemia screening	Pregnant women
Bacteriuria screening	Pregnant women in the 12th-16th week of gestation or during the first prenatal visit, if such a visit is later than the 12th-16th week period
BRCA Risk Assessment & Genetic Counseling/Testing	Per provider for women at increased risk for breast cancer based on family or personal history
Breast Cancer Preventive Medication Counseling and Prescription	Discussion about potential benefits/risks for women at increased risk for breast cancer. Prescription of risk reducing medications including Tamoxifen, Raloxifene, Anastrozole, Exemestane, Letrozole for women 35 years and older who are at increased risk for breast cancer and do not currently have breast cancer, and are at low risk for adverse medication effects.
Breast cancer screening (mammogram)	Age 40+: up to annually, per provider (HRSA)
Breastfeeding promotion	During pregnancy and after birth
Breastfeeding support, supplies and counseling	Provide interventions during pregnancy and after birth to support breastfeeding, including rental costs for breastfeeding equipment.
Cervical cancer screening	Ages 21-65: Pap Test (Cytology) every 3 years or Ages 30-65: High Risk Human Papilloma Virus (hrhpv) DNA Testing with or without Pap Test (Cytology) every 5 years or Age 30+ with normal cytology, hrhpv DNA Testing every 3+ years (HRSA)
Chlamydia screening	Sexually active women ages 24 or younger, and older women per provider based on risk
Contraceptive Methods & Counseling	All FDA approved methods and sterilizations procedures, and patient education per provider
Culture for Group B strep	Pregnant women
Domestic Violence Screening & Counseling	Per provider

Folic acid supplementation: a written or oral prescription must be provided by a provider and presented to a preferred pharmacy or preferred mail order pharmacy for coverage by the plan	Women planning or capable of pregnancy
Gestational diabetes screening	Pregnant women between 24 and 28 weeks of pregnancy and at the first prenatal visit for women at high risk
Gonorrhea screening	Sexually active women ages 24 and younger, and older women per provider based on risk
Hepatitis B screening	Pregnant women at first prenatal visit
HIV screening	All pregnant women and annually for all sexually active women
HIV counseling	Annually for all sexually active women
Osteoporosis (bone density) screening	Age 65 and older and Age under 65 with increased risk of osteoporosis based on formal clinical risk assessment tool.
Perinatal Depression	Pregnant and postpartum patients with increased risk of perinatal depression – provide or refer for counseling
Rh incompatibility test	Rh (D) blood typing and antibody testing for all pregnant women during the first prenatal visit and a repeated Rh (D) antibody testing for all unsensitized Rh (D)-negative women at 24-28 weeks of gestation, as required
Syphilis screening	Pregnant women and women at risk
Tobacco use/cessation interventions	Pregnant women and other tobacco users
Urine tests	Pregnant women
Vitamins and supplements	Pregnant women
Wellness	Annual

Revised: September 15, 2020