



Northern LightSM

Beacon Health

Employee Health Plan

Preventive Health Coverage

▶ Birth to 2 Years

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Wellness exams and immunizations

Well-baby/well-child/well-person exams..... 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

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.

Diphtheria, tetanus toxoids and acellular pertussis (DTaP)	Birth, 1, 2, 4, 6, 9
Haemophilus influenzae type b conjugate (Hib)	2, 4 and 6 months and 12-15 months
Hepatitis A (HepA)	12-23 months
Hepatitis B (HepB)	At birth, 1-4 months and 6-18 months
Measles, mumps and rubella (MMR)	Ages 12-15 months (first dose)
Meningococcal (MCV)	Ages 2 months – 10 years per provider
Pneumococcal (pneumonia)	PCV 13: 2, 4 and 6 months and 12-15 months • PPSV 23: per provider
Poliovirus (IPV)	2 and 4 months and 6-18 months
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)



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Health screenings and interventions

Autism	18, 24 months
Cholesterol/lipid disorders	Age 2 per provider
Congenital hypothyroidism screening	Birth
Developmental screening	9, 18 months
Developmental surveillance	Newborn, 1, 2, 4, 6, 12, 15, 24 months
Diabetes care: includes HbA1c screening, LDL-C screening and nephropathy screening	Per provider
Fluoride supplementation	Ages 6m+: per provider
Hearing screening: not complete hearing examination	Birth, 3-5 days • Ages 4,6,9,12,15,18,24,30m: per provider
Hemoglobin or hematocrit	12 months • Ages 4, 15+m: per provider
Iron supplementation	Ages 6m+: per provider
Lead screening	Ages 12,24 months • Ages 6,9,18m: per provider
Metabolic/hemoglobinopathies: according to state law	Birth
PKU screening	Birth
Prophylactic ocular (eye) medication to prevent blindness	Birth
Sickle cell disease screening	Birth
Tuberculin test	Per provider
Vision screening	Per provider



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This is a guide to what your health plan will pay at no cost to you under preventive coverage and is not meant to inform what should be offered to you. The immunizations, screenings, and services that you should be offered are determined by your provider. The health plan coverage considered the medical literature that supports what immunizations, screenings, and services are recommended by national organizations.

▶ Ages 3 to 10 years

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Wellness exams and immunizations

Well-baby/well-child/well-person exams	Once a year
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.	
Diphtheria, tetanus toxoids and acellular pertussis (DTaP)	Ages 4-6
Hepatitis B (HepB)	Ages 3-10 if not previously immunized
Human papillomavirus (HPV): limit 3 per lifetime	Ages 9-10 per provider
Influenza vaccine	Annually 6 months through 18 years
Measles, mumps and rubella (MMR)	Ages 4-6 (second dose) or 11 and 12 if not given earlier
Meningococcal (A,C,W,Y)	Age 3-10 per provider for special situations
Men B	Age 10
Pneumococcal (pneumonia)	PPSV 23: per provider
Poliovirus (IPV)	Ages 4-6
Varicella (chickenpox)	Ages 4-6 (second dose)

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Beacon Health
797 Wilson Street
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Monday – Friday, 8 am to 5 pm



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Health screenings and interventions

Blood pressure	Annually
Cholesterol/lipid disorders	Age 10 • Ages 4, 6, 8, 9 per provider
Developmental screening	30 months
Developmental surveillance	Annually
Diabetes care: includes HbA1c screening	Per provider up to 4 times annually
Microalbumin nephropathy screening	Per provider up to 2 times annually
Glucose screening, includes blood glucose, post glucose dose level, oral glucose tolerance test	Annually per provider
Fluoride supplementation	Per provider
Hearing screening: not complete hearing examination	Ages: 4,5,6,8 and 10, • Ages 3,7,9: per provider
Hemoglobin or hematocrit	Ages 3+: per provider
Labs - BMP, CMP, TSH, CBC, magnesium, Vitamin D	Annually per provider (NOTE: General Health Panel includes CMP, TSH, CBC)
Lead screening	Ages 3-6: per provider
Obesity screening and counseling	Age 6+: per provider
Tobacco use/cessation interventions	Per provider
Tuberculin test	Per provider
Vision screening	Ages: 3,4,5,6,8 and 10 • Other Ages: per provider



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▶ Ages 11 to 21 years

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Wellness exams and immunizations

Well-baby/well-child/well-person exams	Once a year
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.	
Diphtheria, tetanus toxoids and acellular pertussis (DTaP)	Tetanus, diphtheria, acellular pertussis (Tdap) given once, ages 11-64
Hepatitis B (HepB)	Ages 11-18 if not previously immunized
Human papillomavirus (HPV): limit 3 per lifetime	Ages 11-12, catch-up, ages 13-26
Influenza vaccine	Ages 19+ annually
Measles, mumps and rubella (MMR)	If not already immune
Meningococcal (MCV)	All persons ages 11-18 (two doses if given before 16 years)
Men B	Per provider
Pneumococcal (pneumonia)	Ages 19-64 • PCV 13 one dose per provider
Poliovirus (IPV)	Per provider
Varicella (chickenpox)	Age 13+: 2 doses if never vaccinated or never had chickenpox



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▶ Ages 11 to 21 years

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Health screenings and interventions

Alcohol, Drugs, & Tobacco Assessments	Ages 11+: per provider
Blood pressure	Annually
Cholesterol/lipid disorders	Age 20 • Ages 11-19: per provider
Depression screening	Ages 12-21
Developmental surveillance	Annually
Diabetes care: includes HbA1c screening, LDL-C screening and nephropathy screening	Per provider
Fluoride supplementation	Ages 11-16: per provider
Hearing screening: not complete hearing examination	Ages 13,16,20 • Ages 11-21: per provider
Hemoglobin or hematocrit	Ages 11+: per provider
Hepatitis B Screening	Per provider
Hepatitis C Screening	Age 17 • Ages 11-21: per provider
HIV Screening	Age 17 • Ages 11-21: per provider
HIV Prophylaxis for high risk – PrEP Antiviral Meds	Per provider
Labs - BMP, CMP, TSH, CBC	Per provider
Nutrition counseling	Adults with hyperlipidemia, those at risk for cardiovascular disease or diet- related chronic disease per provider
Obesity screening and counseling	Age 6+: per provider
Sexually transmitted infections (STI)	Ages 11-21: per provider
Syphilis Screening	Per provider
Tobacco use/cessation interventions	Per provider
Tuberculin test	Per provider
Vision screening	Ages: 12, Other • Ages: per provider

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▶ Ages 22 and older Page 1 of 2

Wellness exams and immunizations

Well-baby/well-child/well-person exams	Periodic visits, depending on age 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.
Diphtheria, tetanus toxoids and acellular pertussis (DTaP)	Tetanus and diphtheria toxoids booster (Td) every 10 years; Tdap given once, ages 11-64
Hepatitis A (HepA)	May be required for persons at risk
Hepatitis B (HepB)	May be required for persons at risk
Human papillomavirus (HPV): limit 3 per lifetime	Catch-up, through age 26
Influenza vaccine	Ages 19+ annually
Measles, mumps and rubella (MMR)	Rubella for women of childbearing age if not immune
Meningococcal (MCV)	Per provider
Men B	22-25 per provider
Pneumococcal (pneumonia)	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)	Per provider
Varicella (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 can't tolerate recombinant vaccine



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▶ Ages 22 and older

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Health screenings and interventions

Alcohol, Drugs, & Tobacco Assessments	All adults per provider
Blood pressure	Annually
Cholesterol/lipid disorders	Ages 40-75: 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
Depression screening	Per provider
Diabetes care: includes HbA1c screening, LDL-C screening and nephropathy screening	Per provider
Diabetes screening	Ages 40-70 who are overweight or obese
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.
Hemoglobin or hematocrit	Per provider
Hepatitis B Screening	Per provider
Hepatitis C Screening	Per provider
HIV Screening	Per provider
HIV Prophylaxis for high risk – PrEP Antiviral Meds	Per provider
Labs - BMP, CMP, TSH, CBC	Per provider
Nutrition counseling	Adults with hyperlipidemia, those at risk for cardiovascular disease or diet-related chronic disease per provider
Obesity screening and counseling	Per provider
Prostate cancer screening (PSA)	Men Ages 55-69: per provider
Sexually transmitted infections (STI)	Per provider
Syphilis Screening	Per provider
Tobacco use/cessation interventions	Per provider
Tuberculin test	Per provider
Ultrasound aortic abdominal aneurysm screening	Men ages 65-75 who have ever smoked; limited to one per lifetime



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▶ Women's Health

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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
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
Discussion/referral for counseling related to BRCA1/BRCA2 test	Women at risk
Discussion about potential benefits/risk of breast cancer preventive medication	Women at risk
Domestic Violence Screening & Counseling	Per provider



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Health screenings and interventions

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.
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

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