



North Carolina Medical Society Employee Benefit Plan

Preventive Care Services

The Patient Protection and Affordable Care Act (PPACA) and the Health Care and Education Reconciliation Act of 2010 (HCERA) provide for coverage of preventive benefits with no cost sharing. The list below comprises the NCMS Plan's preventive care services. Preventive services are based upon government recommendations; providers base services administered upon those same government recommendations.

• Annual Preventive Exam
• Prostate Specific Antigen Test (Men)
• Adult Aortic Aneurysm Screening (one time male age 65-75 if ever smoked)
• Alcohol Misuse Screening and Behavioral Counseling Intervention
• (OTC) Aspirin (81mg/day) for the Prevention of Cardiovascular Disease* (Men 45-79; Women 55-79)
• Asymptomatic Bacteriuria in Adults, Screening (Pregnant Women)
• Breast Cancer Screening (NC State Mandate), one per year
• Breast and Ovarian Cancer Susceptibility (NC State Mandate), Genetic Risk Assessment and BRCA Mutation Testing Based on Family Risk Factors (Women)
• Breastfeeding, Primary Care Interventions to Promote
• Cervical Cancer Screening if Sexually Active (NC State Mandate) (Women)
• Chlamydial Infection, Screening (Women), two per year
• Colorectal Cancer Screening (Beginning at 50 and continuing to 75) Fecal occult blood testing: annual after age 50 Sigmoidoscopy: every 5 years Colonoscopy: every 10 years
• Congenital Hypothyroidism Screening (Newborns)
• Dental Caries in Preschool Children up to age 6, (including 5 years/364 days old) Prescribed oral fluoride as preventative if deficient in water
• Depression (Adults) Screening
• Diet, Behavioral Counseling in Primary Care for Adults with Hyperlipidemia and Other Risk Factors
• Gonorrhea Screening (Women)
• Gonorrhea, Prophylactic Eye Medication, (Newborns)
• Hearing Loss in Newborns, Screening
• Hepatitis B Virus Infection, Screening (Pregnant Women)

• High Blood Pressure Screening (18 and older)
• HIV Screening (At Risk and All Pregnant Women)
• (OTC) Iron Deficiency Anemia, Prevention (At Risk 6 to 12 Month Old Babies)*
• Iron Deficiency Anemia, Screening (Pregnant Women)
• Lipid Disorders in Adults, (Cholesterol) Screening, one per year (Men: 35+ / Women: 45+ Men at risk for CAD: 20-35 / Women: 20-45)
• Major Depressive Disorders in Adolescents, Screening
• Obesity in Adults Screening and Intensive Counseling and Behavioral Interventions
• Osteoporosis in Women, Screening: 65+ / 60+ If At Risk
• Phenylketonuria, Screening Newborn
• Rh (D) Incompatibility, Screening (Pregnant Women)
• Sexually Transmitted Infections, Counseling (at risk adolescents and adults)
• Sickle Cell Disease, Screening Newborns
• Syphilis Infection Screening (At Risk and All Pregnant Women)
• Tobacco Use and Tobacco-Caused Disease, Counseling (Adults, Pregnant Women)
• Type 2 Diabetes Mellitus in Adults, Screening with sustained blood pressure
• Visual Impairment in Children Younger than 5 Years, Screening
• Discuss Chemoprevention When at High Risk for Breast Cancer (Women)
• Daily Supplement of OTC Folic Acid .4 - .8 mg (all women)*
• Developmental screening as recommended for children

All OTC medication will require a physician's order or prescription which shall be filled at an accepted retail pharmacy in order to be covered by the NCMS Plan.

As regulations and other interpretive guidance are published, this information may change. We will continue to work with our customers going forward to provide updates and further assistance.



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Immunizations listed below, based upon CDC Guidelines and Recommendations for Children and Adults

• Hepatitis B-1 Vaccine
• Hepatitis B-2 Vaccine
• Hepatitis B-3 Vaccine
• Diphtheria-tetanus-acellular portussis (DTaP)-1 Vaccine
• DTaP-2 Vaccine
• DTaP-3 Vaccine
• DTaP-4 Vaccine
• DTaP-5 Vaccine
• Haemophilus influenzae type b (Hib)-1 Vaccine
• Hib-2 Vaccine
• Hib-3 Vaccine
• Hib-4 Vaccine
• Inactivated poliovirus (IPV)-1
• IPV-2
• IPV-3
• IPV-4
• Pneumococcal conjugate (PCV)-1
• PCV-2
• PCV-3
• PCV-4
• Measles-mumps-rubella (MMR)-1
• MMR-2
• Varicella (Var)-1
• Var-2
• Hepatitis A (HepA)-1
• HepA-2
• Influenza inactivated
• Influenza live attenuated
• Meningococcal conjugate
• Meningococcal polysaccharaide (MPSV)-1
• MPSV-2
• Tetanus-diphtheria
• Tetanus-diphtheria acellular pertussis
• Pneumococcal polysaccharide (PPV)-1
• PPV-2
• Human papillomavirus (HPV)-1
• HPV-2
• HPV-3
• Rotavirus (RV)-1
• RV-2
• RV-3
• Zoster
• Rabies/RSV Vaccinations (at risk population only)

Well Baby/Well Child as Recommended, Including Below:

- History (initial/interval)
- Measurements (length, height, weight, head circum, weight for length, BMI, Blood Pressure)
- Sensory screening (vision / hearing)
- Developmental/Behavioral Assessment (developmental screening, autism screening, Developmental surveillance, psych/behavioral assessment, Alcohol and Drug use assessment)
- Physical Examination
- Procedures: Newborn Metabolic/Hemoglobin screening, Hematocrit or Hemoglobin, Lead screening, Tuberculin Test, Dyslipidemia screening, STI screening, Cervical Dysplasia screening
- Oral Health
- Anticipatory Guidance

Labs Affiliated with Annual Physical Exam (Not necessarily annual tests; usually every 3 - 5 years)

- CBC Anemia Screen for Children/Pregnant Women
- BMP (Basic Metabolic Panel)/HgbA1c (Diabetes Screen)
- Lipid Panel (Including Total Cholesterol, LDL, HDL, TG)
- TSH (recommended Thyroid Check in older population 50+)
- Standard UA (urinalysis) recommended for children and pregnant women
- HIV/STD tests for at risk groups (determined by age and sexual activity)
- *NC State Mandates: Breast/Cervical/Ovarian/Colorectal Cancer Screenings; Bone Mass Measurement; Gynecological Exams; Mammogram Screening; newborn Hearing Screening; and, Prostate Specific Antigen Test*
- Pelvic Echography (Ovarian Cancer Screening)
- Clinical Breast Exam
- Digital Rectal Exam

Other NCMS Plan Preventive Care Services:

- Routine Eye Exam