

HEALTH CARE REFORM UPDATE: WOMEN'S PREVENTIVE SERVICES



Health care reform update: women's preventive services

On August 1, 2011, the Department of Health and Human Services adopted additional guidelines for eight women's preventive services. Preventive services are covered with no cost to the member at the in-network level. The guidelines are applicable to Blue Cross and Blue Shield of Minnesota commercial market products. This is our core benefit; some groups or groups who use a pharmacy benefit manager other than Prime Therapeutics may have a different set of preventive benefits than shown here.

This change to preventive services will be effective for plans or policy years beginning on or after August 1, 2012.

Non-preventive care received during a preventive care visit is subject to normal plan cost sharing.

Non-grandfathered plans and plans that previously elected health care reform preventive benefits from Blue Cross will cover the following eight new women's preventive services in network:

- 1) Screening for gestational diabetes mellitus (GDM)
 - During pregnancy regardless of presence or absence of high-risk factors
 - Initial glucose test, and if positive, confirmatory glucose tolerance test
- 2) Human papillomavirus (HPV) testing
 - Ages 30 and above, once every three years
- 3) Counseling for sexually transmitted infection (STI)
 - Group or individual sessions, 30-minute maximum per session, one per year
- 4) Counseling and screening for human immunodeficiency virus (HIV)
 - Counseling may be group or individual, 30 minutes maximum per counseling session, one per year
- 5) Counseling and screening for interpersonal and domestic violence
 - Counseling may be group or individual, a maximum of 60 minutes per session, one per year for counseling and/or screening
- 6) Breastfeeding support, supplies and counseling
 - Once per pregnancy or delivery, one manual breast pump (purchased) at 100 percent allowed from an in-network supplier up to 6 months postpartum
- 7) Well-woman visits
 - For women (ages 12-64)
 - These services may be obtained during a well-woman visit:
 - Alcohol misuse counseling
 - Anemia screening: pregnant women
 - Bacteriuria screening: pregnant women
 - Blood pressure screening
 - *BRCA* screening counseling
 - Breast cancer preventive medication
 - Breast cancer screening
 - Breastfeeding counseling
 - Cervical cancer screening
 - Chlamydial infection screening
 - Cholesterol abnormalities screening
 - Colorectal cancer screening
 - Depression screening
 - Diabetes screening
 - Folic acid supplementation
 - Gonorrhea screening

- Healthy diet counseling
- Hepatitis B screening: pregnant women
- HIV (human immunodeficiency virus) screening
- Obesity screening and counseling
- Osteoporosis screening
- Rh (Rhesus) incompatibility screening: first pregnancy visit
- Rh (Rhesus) incompatibility screening: 24 to 28 weeks gestation
- STI (sexually transmitted infection) counseling
- Syphilis screening
- Tobacco use counseling and interventions

The following are services "suggested" by the Institute of Medicine (IOM) as part of a well-woman visit:

- Diet and physical activity
- Establishing pregnancy history of cardiovascular disease and related conditions
- Mental health
- Metabolic syndrome
- Preconception care
- Prenatal care
- Sexually transmitted infections (STIs)

8) Contraceptive methods and counseling*

This list applies to oral contraceptives that will be administered when a group purchaser has Prime as their pharmacy benefit manager.

- For women (ages 12-64)
 - One annual contraceptive counseling visit and certain contraceptive methods are covered including:
 - Barrier method
 - Diaphragm: diaphragm, fitting and insertion
 - Ortho All - Flex brand any size (current as of 5/1/12)
 - Hormonal method (list current as of 5/1/12)
 - Specific generic oral contraceptives
 - Combined pill
 - Norgestimate/Ethinyl Estradiol
 - Trinessa
 - Tri-Previfem
 - Tri-Sprintec
 - Extended-cycle contraceptive pill
 - Introvale
 - Jolessa
 - Quasense
 - Progestin-only contraceptive pill
 - Camila
 - Errin
 - Heather
 - Jolivette
 - Nora-Be
 - Norethindrone
 - Implantable devices
 - Implantable rod – Norplant II or Implanon
 - Initial insertion and replacement due to expiration of effectiveness of drug (approximately less than 3 years)
 - Intrauterine devices (IUD)

- Copper or hormonal
 - Initial insertion and removal or replacement
- Permanent birth control
 - Intrauterine device and delivery system (that is, Essure) and implantation
- Emergency Contraception**
 - Ella

*Groups that provide to Blue Cross a written statement that they meet religious group exemption or contraceptive safe harbor will not be required to offer the contraceptive methods and counseling. Safe harbor groups will not have to offer contraceptive methods and counseling until their plan year beginning on or after August 1, 2013. Religiously exempt groups will not have to offer contraceptive methods and counseling for as long as they meet the criteria for exemption. The other seven women's preventive services must be offered beginning with their plan year starting on or after August 1, 2012. Groups that are in religious exemption status are exempt from offering contraceptive methods and counseling for as long as the organization meets the criteria for exemption.

**Some self-insured groups may not offer Emergency Contraception (Ella) as preventive (\$0 member liability).

For information on safe harbor exemption rules, please see our [Exemption and safe harbor document](#).

Prime Therapeutics, LLC is an independent company providing pharmacy benefit management services.