

BENEFIT	AGE AND FREQUENCY RECOMMENDATIONS
Annual Routine Physical (includes routine labs/tests associated with wellness exam)	<ul style="list-style-type: none"> -One preventive exam per year -No minimum or maximum age requirement -Physical exams and immunizations required for travel, enrollment in any insurance program, as a condition of employment, for licensing, school and sports programs are <u>not</u> covered services.
Well-baby and well-child care	<ul style="list-style-type: none"> -At birth, 1, 2, 4, 6, 9, 12,15 and 18 months -At age 2, 3, 4, 5, 6, 8, 10, 11, 12 years -Annually 13-18 years
Vision Exam	<ul style="list-style-type: none"> -One preventive exam per year -No minimum or maximum age requirement -Does not include eyewear
Hearing Exam	<ul style="list-style-type: none"> -One preventive exam per year -No minimum or maximum age requirement
PAP Smear	<ul style="list-style-type: none"> -Screenings should begin within three years of starting sexual activity or at age 21, whichever comes first. Should be done at least every 3 years.
Mammogram	<ul style="list-style-type: none"> -Screening every 1-2 years, with or without clinical breast exam -Women age 40 or older
Bone Density Test	<ul style="list-style-type: none"> -For women age 60 at increased risk for osteoporosis -Women 65 years of age and older be screened routinely.
Prostate Exam (PSA test)	<ul style="list-style-type: none"> -Annually -Beginning at age 50
Colorectal Screening	<ul style="list-style-type: none"> -Annually
Colonoscopy	<ul style="list-style-type: none"> -Every 5 years -Typically at age 50
Immunizations	<ul style="list-style-type: none"> -At various ages -Include but not limited to: Hepatitis A vaccine; Hepatitis B vaccine; Hemophilus influenza b vaccine (HIB); Measles, mumps and rubella vaccine (MMR); Flu shots.

Note: In the event of discrepancies between this chart and the plan document, the plan document will always govern.