

A Guide to Preventive Care Benefits for PEBB Enrollees

PEBB medical plans pay the full cost of covered preventive care services when enrollees see network or participating providers. This chart provides a general guide to these services. Enrollees should check their health plan's certificate of coverage/benefits booklet or call the plan directly for more information.

Copays, coinsurance and deductibles may apply to follow-up services recommended by a provider after a preventive care visit. They may also apply when more frequent testing is recommended due to risk factors. Some plans allow only one physical exam per year, meaning that women may not see a gynecologist for some services and another provider for others, and have both visits covered in full.

For more information, visit the PEBB web site at: <http://www.pebb.hca.wa.gov/>

	Group Health Classic & Value	Kaiser Permanente Classic & Value	Uniform Medical Plan	Aetna Public Employees Plan
Customer service	1-888-901-4636	1-800-813-2000	1-800-762-6004	1-800-222-9205
Web site	www.ghc.org/pebb	www.kaiserpermanente.org	www.ump.hca.wa.gov	www.aetnahca.com

Preventive Care Services for Women

	Group Health Classic & Value	Kaiser Permanente Classic & Value	Uniform Medical Plan	Aetna Public Employees Plan
Gynecological care	Pap and pelvic exam every 2-3 years, up to age 75	Pap and pelvic exams every year or as recommended by your participating provider	For women ages 19-64, Pap and pelvic exam every calendar year. For ages 65+, as recommended by provider	For women ages 18-64, Pap and pelvic exam once per year
Screening mammograms	For women ages 40+, every 1 or 2 years	For women ages 40+, once per calendar year	For women ages 40+, once per calendar year, or as recommended by your doctor	For women ages 40+, once per calendar year, or as recommended by your doctor

Preventive Care Services for Men and Women

	Group Health Classic & Value	Kaiser Permanente Classic & Value	Uniform Medical Plan	Aetna Public Employees Plan
Physical exams	One exam every 4 years for ages 20-49; every 2 years for age 50+. Blood pressure check every 2 years.	One exam every 5 years after age 18, and every 2 years after age 50	One exam per calendar year, for members ages 2+	One exam per calendar year for members ages 2+
Cholesterol/ lipid screening	Every 5 years for men ages 35+ and women ages 45+	Contact plan for information	Every 5 years for men ages 35-65 and women ages 45-65; after age 65, at physician's discretion	Every 5 years for men ages 35-65 and women ages 45-65; after age 65, at physician's discretion
Flu shot	Covered in full	Covered in full	Covered in full	Covered in full
Colorectal cancer screenings	For members ages 50-80, fecal occult blood test every year; sigmoidoscopy every 10 years for colon cancer screening	For members ages 50+ or younger if at risk, one fecal occult blood test per year; sigmoidoscopy every 5 years; colonoscopy every 10 years; barium enema once every five years.	For members ages 50+, fecal occult blood test once per calendar year; colonoscopy once every 10 years but not within 48 months of sigmoidoscopy; sigmoidoscopy once every 48 months; barium enema once every 5-10 years	For members ages 50+, fecal occult blood test every year; sigmoidoscopy once every 48 months; colonoscopy once every 10 years but not within 48 months of sigmoidoscopy; barium enema once every 5 years