LOUISIANA BLUE

GRANDFATHERED (GF) INSURED

PREVENTIVE CARE SERVICES

Accompanies Fully Insured GF Health Plans



2027

01MK6828 R10/26 HMO Louisiana, Inc., is a subsidiary of Blue Cross and Blue Shield of Louisiana. Both companies are independent licensees of the Blue Cross Blue Shield Association.

Preventive Benefits

We want to help you protect your health, and that starts with disease prevention and early detection. Preventive screenings are an important way to track your health.

This brochure lists preventive and wellness services that have no out-of-pocket cost when you get them from a network provider. Some services are only paid with no out-of-pocket cost if you are part of the group recommended for that service. If you are not part of the group recommended, you may have to pay a cost share (copay, deductible and coinsurance) for that service, if the service is covered by your plan.

Here's how to prevent health problems and save money using your plan:

1. **Get Preventive Care.**
   Use this guide to know how often and at what ages you can get these services.
2. **See a Primary Care Provider Regularly.**
   Seeing a primary care provider regularly to stay ahead of health problems can help you save on health costs. You can get one physical exam per year **at no extra cost** with most plans. Log into your account at **www.lablue.com** to select a primary care provider.

More Tools for Good Health

- **Blue365®**
  Get discounts for healthy living like sports clothing and shoes, nutrition, fitness trackers, personal care, travel and more. Learn more at **www.blue365deals.com/lablue**.
- **Fitness Your Way by Tivity Health**
  Get discounts on gym memberships and virtual fitness programs through this Blue365 deal.

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Quality Blue

Quality Blue partners with primary care providers, including general practice, family medicine, internal medicine, pediatrics, and geriatrics, to help improve health outcomes and support access to high-quality care.
If you see a Quality Blue provider, you are already part of the program. Members who choose a Quality Blue primary care physician (PCP) benefit from enhanced support, including:

- Reminders to help close gaps in care
- Referrals to health coaching programs
- Increased access to preventive services
- A more personalized, patient-centered care experience

Quality Blue providers have a special indicator in our Find Care directory at **findcare.lablue.com**. Look for:

QUALITY BLUE PROVIDER

Quality Blue is expanding to select specialists, such as OB-GYNs and gastroenterologists, as well as certain outpatient and inpatient facilities. To learn more about how Quality Blue can support your health, visit **www.lablue.com/QualityBlue**.

DISCLAIMER:
The Preventive & Wellness benefits in effect are those required by state or federal law for your policy, at the time the services are rendered. To the extent this Preventive Care Services document conflicts with state or federal requirements, state and federal requirements control.

Grandfathered Preventive and Wellness Benefits

Individual and Group Plans	Benefit	Men	Women	Children
Immunizations				
✓*	PPACA preventive or wellness immunizations that a doctor recommends	All ages	All ages	All ages
✓	Seasonal Flu and H1N1 Immunizations	All ages	All ages	All ages
✓*	State mandated immunizations for school entry	N/A	N/A	Up to age 6
Physical Exams				
✓*	Routine wellness physical examination – Diagnostic tests that a doctor orders (urinalysis, complete blood count (CBC), serum chemistries: calcium, potassium, cholesterol and blood sugar levels) High-tech imaging services such as MRI, MRA, CT scan, PET scan and nuclear cardiology are not covered at no-cost but may be covered under other policy benefits	All ages	All ages	For Blue Value plans: age 11 and older For all other GF plans: age 24 months or older: 1 per benefit period
✓**•	Well-baby care	N/A	N/A	As a doctor recommends for developmental milestones: up to age 24 months
Well Woman Exams and Counseling				
✓**	Routine gynecological or obstetrical care visits	N/A	As age and developmentally appropriate	As age and developmentally appropriate
✓*	Routine Pap smear	N/A	As age and developmentally appropriate: 1 for each benefit period	N/A
✓	Mammography examinations, including breast ultrasounds Film mammography examination 3-D mammography examination Contrast-enhanced mammography	N/A	As age and developmentally appropriate: 1 for each benefit period. A breast ultrasound may be completed alone or in conjunction with a mammogram.	N/A
✓***	Breast MRIs	N/A	As age and developmentally appropriate: 1 for each benefit period	N/A
✓	Breastfeeding interventions	N/A	As age and developmentally appropriate	N/A
✓	Lactation counseling	N/A	As age and developmentally appropriate	N/A
Prostate Cancer Screenings				
✓*	• Prostate Specific Antigen (PSA) test Limited to 1 per benefit period • Routine digital rectal exam Limited to 1 per benefit period • Second visit, for follow-up treatment within 60 days after the visit if it is related to a condition that is diagnosed or treated during the visits	Ages 40 – 75 Per applicable guidelines	N/A	N/A
Colorectal Cancer Screenings				
✓	Fecal immunochemical test (FIT) for blood	45-75 years: 1 per benefit period	45-75 years: 1 per benefit period	N/A
✓	Cologuard® DNA testing	45-75 years: 1 every 3 years	45-75 years: 1 every 3 years	N/A
✓	Computed tomographic (CT) colonography	45-75 years: 1 every 5 years	45-75 years: 1 every 5 years	N/A
✓	Flexible sigmoidoscopy	45-75 years: 1 every 5 years	45-75 years: 1 every 5 years	N/A
✓	Colonoscopy	45-75 years: 1 every 10 years	45-75 years: 1 every 10 years	N/A
✓**	Physician-prescribed colonoscopy preparation medications	Ages 45-75 years	Ages 45-75 years	N/A
Other Wellness Services				
✓	Generic/single source brand prescription and over-the-counter (OTC) smoking cessation products, group and individual counseling. You will pay $0 for these services when received from a network provider. Limited to 180 days per calendar year	All ages	All ages	All ages
✓**+	Obesity screening and counseling for children and adolescents Limited to 52 visits per lifetime	N/A	N/A	Ages 3-18

*Individual Blue Value Plans - coinsurance applies **Excludes Individual Blue Value Plans ***Coinsurance applies +Excludes Individual Blue Select Plans
•Individual & Group HMO POS, Group HMO HMO, Group Premier Blue Plans - copayment applies

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Grandfathered Preventive and Wellness Benefits

Individual and Group Plans	Benefit	Men	Women	Children
Other Wellness Services (continued)				
✓**+	Obesity screening and counseling for adults Limited to 24 visits per benefit period	19 and older with a body mass index higher than 30 kg/m2	19 and older with a body mass index higher than 30 kg/m2	N/A
✓	Patient navigation services for breast cancer screenings and cervical cancer screenings and follow-up Limited to patient navigation services provided by the Blue Cross and Blue Shield of Louisiana or HMO Louisiana, Inc. Care Management Department. Contact Care Management for these services at 1-800-317-2299 or by emailing CareManagementTeam@lablue.com.	N/A	Females eligible for routine breast cancer screening or cervical cancer screening and experiencing barriers to breast cancer screening or cervical cancer screening and follow-up	N/A

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For more information call 1-800-495-2583

www.lablue.com

LOUISIANA BLUE