

## **Preventive and Wellness Services**

For any service not listed below, in accordance with Federal Law, benefits are available for evidence-based items or services that have a rating of "A" or "B" in the current recommendations of the United States Preventive Services Task Force (USPSTF) (<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations>).

For services below, benefits are available at the age and frequency listed. If the USPSTF recommendation becomes more favorable, benefits will be adjusted to align with the USPSTF recommendation.

- Mammogram – 1 per Deductible Year for women over the age of 40
- Colonoscopy – 1 every 5 Deductible Years for any individual over the age of 45
- Cologuard – 1 every 5 Deductible Years for any individual over the age of 45
- Cervical Cancer Screening – 1 per Deductible Year for women of all ages
- Lung Cancer Screening – 1 per Deductible year for adults over the age of 50
- Osteoporosis Screening (Bone Density Scan) – 1 per Deductible Year for women of all ages