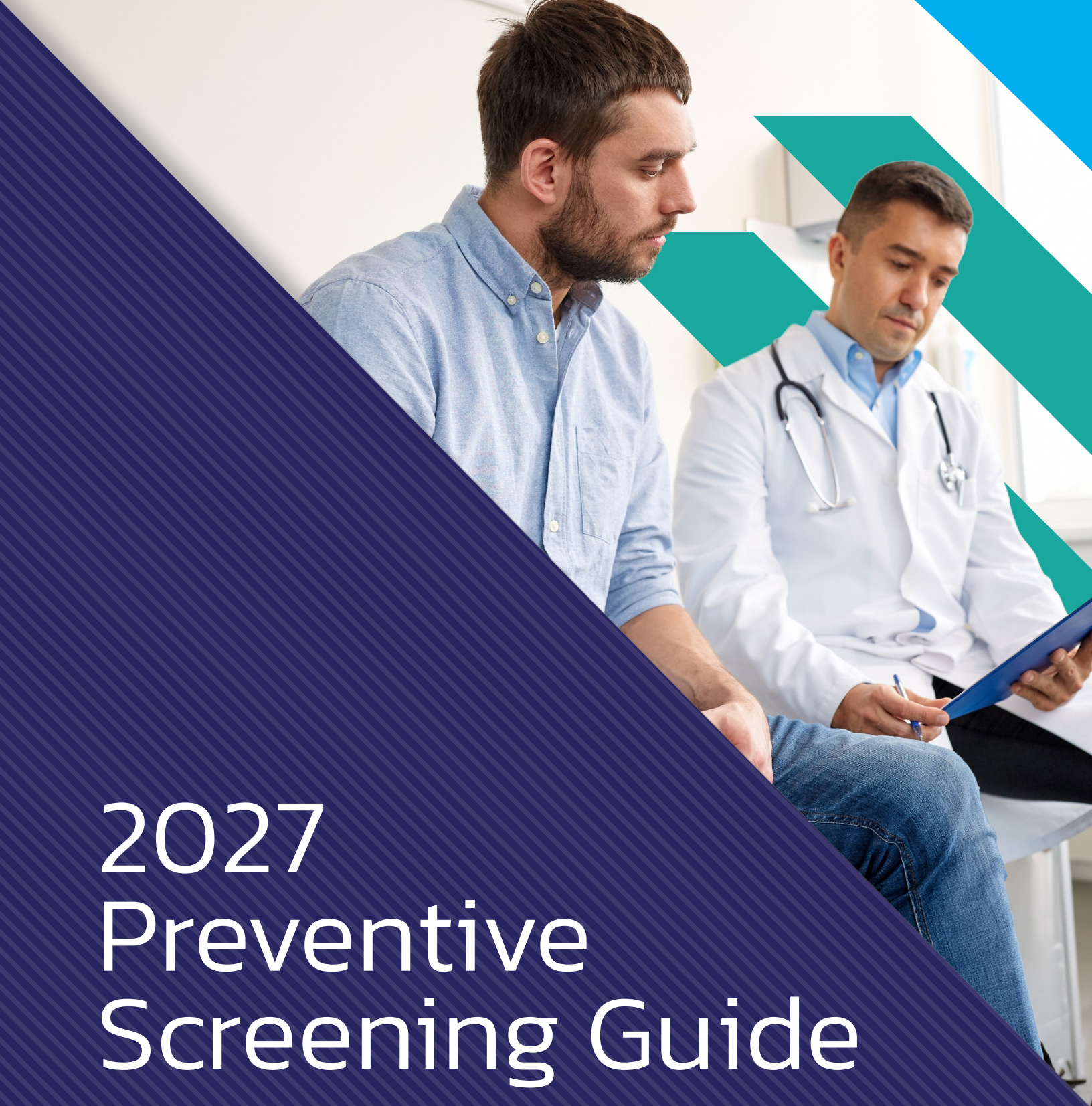


2027 Preventive Screening Guide

PeakHealth

Preventive screening and services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases.

Preventive services include exams, vaccinations, lab tests, and screenings. That's why it's important to talk with your healthcare provider about the services that are right for you.

If you have questions about which services are covered for you, please contact Member Services at 1-833-569-7325 (TTY: 711) before getting the suggested care.

Preventive or routine care helps you stay well or finds problems early, when they are easier to treat.

As a part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. Make sure you know what is covered by your health plan and any requirements before you receive any services. Recommended annual services are based on a calendar year, which resets on January 1 of every year.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for your age, gender, and family history.

Note: The Plan will cover all preventive care required under the Affordable Care Act, but additional services may not be covered. See the Plan Highlights or contact Peak Health for details. Prior authorizations may be required for some services. Services that you receive as part of a visit to diagnose, monitor, or treat an illness or injury are generally not preventive. Therefore, copays, coinsurance, and deductibles may apply. Please refer to the policy or contact Member Service for more details on exclusions.

Screenings and Preventive Care	Frequency and Coverage
Newborn	Bilirubin concentration Ocular medication Hypothyroidism screening Hearing Phenylketonuria screening Sickle cell screening
PrEP (pre-exposure prophylaxis) HIV prevention medication	For HIV-negative adolescents at high risk for getting HIV through sex or injection drug use, per your healthcare provider's recommendation.
Lead screening for children at risk of exposure	Risk assessment or testing at 12 and 24 months of age. Risk assessment to be performed at 6 months, 9 months, 18 months, yearly ages 3 through 6 with appropriate action to follow, if positive.
Obesity screening and counseling	Screening at 24 and 30 months then yearly from age 3 years through 18 years.
Oral health risk assessment	Screening at 6 and 9 months. Risk assessment to be performed starting at 12 months through 6 years of age following the same schedule as well child exams with appropriate action to follow, if positive.
Sexually transmitted infection (STI) prevention counseling and screening	For adolescents at higher risk. Risk assessment to be performed yearly age 11-18 with appropriate action to follow, if positive.
Tobacco, alcohol, and drug use assessment	Risk assessment to be performed yearly age 11-18 with appropriate action to follow, if positive.
Tuberculin testing for children at higher risk of tuberculosis	Testing should be performed on recognition of high-risk factors. Assessment of risk at 1, 6, 12, and 24 months followed by a yearly assessment for ages 3-18 years performed with appropriate action to follow, if positive.
Vision screening for all children	Yearly screening for children ages 3-6 years then every other year beginning at age 8 through age 18. Risk assessment schedule follows the well child examinations from the newborn period through 30 months of age and every other year beginning at age 7-19 with appropriate action to follow, if positive.

Screenings and Preventive Care newborn	**Frequency and Coverage**
Well-baby visits	Babies need to see the doctor or nurse at least 6 times before their first birthday. Your baby is growing and changing quickly, so regular visits are important. For most babies, the first well-baby visit is 2 to 3 days after coming home from the hospital. After that first visit, babies need to see the doctor or nurse when they're: 1 month old, 2 months old, 4 months old, 6 months old, 9 months old.
Well Child Visits	Young children need to see the doctor or nurse for a "well-child visit" 7 times between ages 1 and 4 years. Children ages 1-4 years need to see the doctor or nurse when they're: 12 months old (1 year), 15 months old (1 year and 3 months), 18 months old (1 year and 6 months), 24 months old (2 years), 30 months old (2 years and 6 months), 3 years old, and 4 years old.

Screenings and Preventive Care birth to 19	**Frequency and Coverage**
Alcohol, tobacco, and drug use assessments for adolescents	Risk assessment to be performed yearly with appropriate action to follow, if positive.
Autism screening	Completed at 18 and 24 months.
Behavioral, social, and emotional screening	Screening follows the same schedule as well child visits for all age groups.
Blood pressure screening for children	Risk assessment follows the same schedule as well child visits from newborn through 30 months with appropriate action to follow. If positive, yearly screening should begin at age 3 and continue through age 18.
Depression screening	Yearly starting at the age of 12.
Developmental screening	For children under age 3, screening at 9 months, 18 months and 30 months.

Screenings and Preventive Care birth to 19	**Frequency and Coverage**
Dyslipidemia screening for all children	Screening once between 9 and 11 years and once between 17 and 19 years, and for children at higher risk of lipid disorders. Risk assessment performed at 24 months, 4 years, 6 years, and 8 years and yearly from age 12 years through 16 years of age with appropriate action to follow, if positive.
Fluoride supplements	Risk assessment performed at 6, 9, 12, and 18 months of age, followed by annual risk assessments for children ages 2 through 16 years, with appropriate follow-up and action based on the findings.
Fluoride varnish	As soon as teeth are present, between the ages of 6 months through 5 years.
Hearing Screening	Risk assessment should be performed on the same schedule as well-child visits from the newborn period through age 3, and again at ages 7 and 9, with appropriate action taken based on the results. Screening should be performed annually from ages 4 through 6, at ages 8 and 10, once between ages 11 and 14, once between ages 15 and 17, and once after age 18.
Height, weight and body mass index	Performed at 24 and 30 months then yearly from age 3-18 years.
Hematocrit or hemoglobin screening	Screening at 12 months. Risk assessment at 4 months and then from 15 months through age 18 months following the same schedule as well child exams with appropriate action to follow, if positive.
Hepatitis B	For adolescents at higher risk, discuss with your healthcare provider for screening recommendation.
High body mass index	Behavioral interventions for children and adolescents 6 years of age and older with a BMI greater than or equal to 95th percentile.
HIV screening	Risk assessment for ages 11-14 yearly with appropriate action to follow if positive. Age 15-18 should be tested at least once.

Immunizations birth to 19	**Frequency and Coverage**
Chickenpox	2 doses: 12-15 months and 4-6 years
COVID-19	Recommended for ages 6 months through 23 months. Recommended for children age 2-18 based on shared decision making.
Diphtheria/ Tetanus/Pertussis	6 doses: 2 months, 4 months, 6 months, between 15-18 months, between 4-6 years, between 11-12 years
Flu (Influenza)	Yearly starting at 6 months. The first vaccine may need to be a 2-dose series.
Hepatitis A	2 doses between the ages of 12 months and 23 months. The second dose must be given at least 6 months after the first dose.
Hepatitis B	3 doses: At birth, between 1 and 2 months, between 6 and 19 months.
Hib (Haemophilus influenza type B)	4 doses: 2 months, 4 months, 6 months, 12-15 months.
HPV (human papillomavirus)	2 doses between the ages of 9 and 12. 3 doses if given after age 15.
Measles, Mumps, and Rubella (MMR)	2 doses: 12-15 months, 4-6 Years
Meningococcal	2 doses: 11-12 years and 16 years
Meningococcal B	16-18 years based on your provider's recommendation.
Monkeypox	18 years for some children
Pneumococcal	4 doses: 2 months, 4 months, 6 months, 12-15 months
Polio (IPV)	4 doses: 2 months, 4 months, 6-18 months, 4-6 years
Rotavirus	2 or 3 dose series: 2 months, 4 months (6 months if receiving the 3-dose series)
RSV (respiratory syncytial virus)	1 to 2 doses, Birth to 6 months of age: 1 dose during RSV season. A second dose may be given for those at high risk between 8 months and 19 months of age.

Screenings and Preventive Care Ages 19 and over	**Frequency and Coverage**
Abdominal aortic aneurysm	One time recommended screening for men of specific ages who have ever smoked. For women 19 and older, talk to your healthcare provider. Screening may be needed if a parent or sibling has a history of abdominal aortic aneurysm.
Alcohol misuse screening and counseling	Yearly
Anxiety screening	Every year or more frequently based on risk.
Blood pressure screening	Screening for hypertension every year in adults 40 years or older and in adults at increased risk for hypertension (such as persons with high-normal blood pressure, or persons who are overweight or obese). Certain conditions like high blood pressure disproportionately impact Black communities, and early screenings can be lifesaving. Screening less frequently (i.e., every 3-5 years) as appropriate for adults aged 18-39 years not at increased risk for hypertension and with a prior normal blood pressure reading.
Cholesterol screening	Screening at age 19 and at least every 5 years or more frequent screening for individuals with additional risk factors.
Colorectal cancer screening	If you are between the ages of 45 and 75, you should be screened every 1-10 years depending on the screening test.
Depression screening	Yearly or more frequently based on risk.
Diabetes Type 2 screening	Adults ages 35-70, every 3 years or more frequently based on risk.
Diet counseling	Based on risk - discuss with your health care provider.
Fall prevention (with exercise or physical therapy and vitamin D use)	For adults 65 and over living in a community setting, based on risk - discuss with your health care provider.
Hepatitis B screening	Based on risk - discuss with your health care provider.
Hepatitis C screening	Based on risk - discuss with your health care provider.
HIV screening	Ages 15-65, tested at least once and more frequently based on risk.

Screenings and Preventive Care Ages 19 and over	**Frequency and Coverage**
PrEP (pre-exposure prophylaxis) HIV prevention medication	Based on risk - discuss with your health care provider.
Lung cancer screening Ages 50 – 80	Yearly if you are a current smoker, have a history of heavy smoking, or have quit within the last 15 years.
Obesity screening and counseling	If your BMI is 30 or higher, your provider can refer you.
Sexually transmitted infection (STI) prevention counseling	Based on risk - discuss with your health care provider.
Statin preventive medication	Ages 40-75 based on risk - discuss with your health care provider.
Syphilis screening	Based on risk - discuss with your health care provider.
Tobacco use screening and cessation interventions	Yearly
Tuberculosis screening	Based on risk - discuss with your health care provider.

Immunizations Ages 19 and over	**Frequency and Coverage**
COVID-19	At least 1 dose of the vaccine. Ages 65 and older, 2 or more doses of the current vaccine.
Diphtheria/Tetanus/ Pertussis (Tdap)	Ages 19 and older. 1 dose every 5-10 years based on individual risk.
Flu (Influenza)	Every year
Hepatitis A	2, 3, or 4 doses depending on vaccine for at risk individuals
Hepatitis B	2, 3, or 4 doses depending on vaccine.
HPV	Age 19-45. 2 to 3 doses.
Measles, Mumps, and Rubella (MMR)	Ages 19 and older and adults born after 1957. 1 to 2 doses with no evidence of immunity to rubella.

Immunizations Ages 19 and over	**Frequency and Coverage**
Meningococcal	1 or more doses depending on vaccine used and risk.
Monkeypox	2 doses if at risk
Pneumococcal	1 dose if at risk
RSV (respiratory syncytial virus)	Age 75+ and age 50-74 at increased risk.
Shingles (herpes zoster)	Age 50 + and age 19-49 with a weakened immune system due to disease or therapy. 2 doses

Screenings and Preventive Care pregnancy	**Frequency and Coverage**
Breastfeeding support and counseling from trained providers	All pregnant women.
Folic acid supplements	All pregnant women.
Gestational diabetes	For women 24 weeks pregnant and those at high risk of developing gestational diabetes. Universal screening.
Gonorrhea screening	Universal screening
Healthy weight and weight gain counseling	All pregnant women.
Hepatitis B screening	Pregnant women at their first prenatal visit. Universal screening.
Intimate partner violence	Universal screening
Maternal depression	For mothers at well-baby visits. Universal screening.
Preeclampsia prevention	Universal screening
Rh incompatibility	Universal screening
Syphilis screening	Universal screening

Screenings and Preventive Care pregnancy	**Frequency and Coverage**
Expanded tobacco intervention and counseling	Universal screening
Urinary tract or other infection screening	Universal screening

Immunizations pregnancy	**Frequency and Coverage**
Tdap	Each pregnancy between 27-36 weeks gestational age
COVID-19	Once if indicated during the pregnancy
Influenza	Once if you are pregnant during flu season
RSV	If not previously vaccinated, administer between 32-36 weeks gestation during Sept through January

Screenings and Preventive Care women	**Frequency and Coverage**
Birth Control	Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt "religious employers".
Bone density	Ages 64 and under, based on risk. Ages 65 and over, every 2 years.
Breast cancer genetic test counseling	Based on risk - discuss with your health care provider.
Breast cancer screening mammogram with or without breast examination	Ages 40 and older, screening mammograms once every 1-2 years. *Diagnostic mammograms: More frequently than once a year, if medically necessary.

Screenings and Preventive Care women	**Frequency and Coverage**
Breast cancer chemoprevention	Based on risk - discuss with your health care provider.
Cervical cancer screening	Every 3-5 years if you are between the ages of 21-65 depending on your risk and your health care provider's recommendation. If you are considered high risk for cervical or vaginal cancer, screenings are covered once every 12 months.
Chlamydia infection screening	Ages 19-24, yearly. Ages 25 and older, based on risk - discuss with your health care provider.
Diabetes screening	Ages 35-70, every three years. Ages 19-34, based on risk - discuss with your health care provider.
Domestic and interpersonal violence screening and counseling	Yearly
Gonorrhea screening	Ages 19-24, yearly. Ages 25 and older, based on risk - discuss with your health care provider.
Sexually transmitted infections counseling	Based on risk - discuss with your health care provider.
Urinary incontinence	Routine
Well-woman visits	Yearly

References: Ages 0–18

All About the AAP Recommended Immunization Schedule. (2026). Retrieved from HealthyChildren.org: https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx

Bright Futures Guidelines and Pocket Guide. (2026). Retrieved from American Academy of Pediatrics: https://www.aap.org/en/practice-management/bright-futures/bright-futures-materials-and-tools/bright-futures-guidelines-and-pocket-guide/

Preventive Care Benefits for Children. (2026). Retrieved from HealthCare.gov: https://www.healthcare.gov/preventive-care-children/

U.S. Centers for Disease Control and Prevention. (2026). Retrieved from CDC Vaccines & Immunizations: https://www.cdc.gov/vaccines/imz-schedules/index.html

References: Ages 19 and above

Preventive Care Benefits for Adults. (2026). Retrieved from HealthCare.gov.

U.S. Centers for Disease Control and Prevention. (n.d.). Retrieved from Vaccine Schedules for You and Your Family: https://www.cdc.gov/vaccines/imz-schedules/index.html

Preventive Care and Wellness Benefit

This section describes the Eligible Health Services and supplies available under Your plan when You are well.

Important References:

1. References for the Peak Health recommendations and guidelines:
   - Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention;
   - United States Preventive Services Task Force, and
   - American Academy of Pediatrics/Bright Futures.

   These recommendations and guidelines may be updated periodically. When these are updated, they will be applied to this plan. The updates will be effective on the first day of the Calendar Year, one year after the updated recommendation or guideline is issued.

2. Diagnostic testing for the treatment or diagnosis of a medical condition will not be covered under the Preventive Care and Wellness benefit. For those types of tests and treatment, You will pay the cost sharing specific to Eligible Health Services for diagnostic testing and treatment.

3. Preventative screenings depend on anatomy, not gender identity. Anyone with organs such as cervix, breasts, uterus, or prostate should receive the appropriate cancer screenings, even after gender-affirming surgery.