

Women's Preventive Health Care

Under the Affordable Care Act passed in 2010, Regence currently covers women's preventive health care services such as mammograms, screenings for cervical cancer and other services at no cost share. On August 1, 2011, the Department of Health and Human Services (HHS) adopted additional guidelines for women's preventive services that will also be covered at 100% and not subject to deductible. These guidelines, detailed below, will apply to your plan as it renews on or after August 1, 2012.

Type of Preventive Service	What is Covered
Contraceptive Methods and Counseling When a plan does not provide a Pharmacy benefit, contraceptive medications will be added to the existing Preventive only Rx plan.	Generic contraceptive pills are covered under Preventive Care. Brand contraceptive pills are covered under regular plan benefits (if pharmacy benefits apply).
	Generic injectables, vaginal rings, patches, implants, vaginal caps, IUDs and diaphragms are covered under Preventive Care. When no generic exists, a formulary brand is covered. If a generic becomes available, the formulary brand will no longer be covered under Preventive Care.
	Insertion of a device is covered under Preventive Care. Removal is covered at regular plan benefits if a Family Planning benefit applies.
	Plan B medication (emergency pregnancy prevention) is covered under Preventive Care for age 16 and under with a prescription.
	Over-the-counter products are not covered.
	Sterilization is covered as well as the associated charges (anesthesia, labs etc.) Complications of sterilization are not covered under Preventive Care. Complications of sterilization are covered at regular plan benefits if a Family Planning benefit applies.
Well-Woman Visits	Preventive care visits for adult women are covered under Preventive Care.
Breast-Feeding Support, Supplies and Counseling	Manual and electric breastfeeding pumps are covered under Preventive Care when purchased or rented from a licensed provider. Off-the-shelf pumps from a retail outlet are not covered. Hospital-grade pumps are not covered.
	The initial breastfeeding supplies provided with a breastfeeding pump are covered under Preventive Care.
	Lactation support and counseling are covered under Preventive Care when provided by a licensed provider.
Screening for Gestational Diabetes	Screening is covered under Preventive Care for pregnant women between 24 and 28 weeks of gestation and the first prenatal visit for pregnant women at high risk for diabetes.
HPV Testing	Screening is covered under Preventive Care for women from age 30, every 3 years.
Counseling for Sexually Transmitted Infections	Counseling during well-women visits on an annual basis for all sexually active women will be covered under Preventive Care.
Counseling and Screening for HIV	Screening and counseling during well-women visits for all sexually active women will be covered under Preventive Care.
Counseling and Screening for Interpersonal and Domestic Violence	Screening and counseling during well-women visits will be covered.

You'll find more detailed information on other covered preventive services on our Preventive Care Brochure, including additional screenings, tests and counseling for adults, and child and adolescent immunizations. This brochure can be viewed online at <http://www.regence.com/transparency/coverage-on-preventive-services.jsp>.

Health insurers continue to receive information from the U.S. Department of Health and Human Services regarding the new law. Therefore, this information is subject to change. The information provided in this document should not be construed as legal advice.

