Premera has adopted the United States Preventive Services Task Force (USPSTF) Guide to Clinical Preventive Services. Each of the preventive services included in the guideline is a service that the USPSTF recommends clinicians discuss with eligible patients/parents and offer as a priority. All services listed have received an “A” or “B” grade unless otherwise noted, which means there is a moderate to high certainty that these services have a net benefit that is substantial or moderate.

Immunizations are part of the USPSTF recommendations for Preventive Health Services. Premera recommends following the immunization schedule from the Centers for Disease Control and Prevention (CDC) and Advisory Committee on Immunizations Practices (ACIP).

The Institute for Clinic Systems Improvement (ICSI) Health Care Guideline: Preventive Services for Children and Adolescents is another source of Premera’s recommendations for child preventive services. ICSI has prioritized preventive services and grouped them based on evidence of effectiveness, health impact and cost-effectiveness. Only Level I and II preventive services are included in the guideline unless otherwise noted.

In addition, Premera recommends use of the comprehensive guidelines for infants, children and adolescents supported by Federal Healthcare Reform and Health Resources and Services Administration (HRSA): The Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care, and The Uniform Panel of the Secretary’s Advisory Committee on Heritable Disorders in Newborns and Children.

All USPSTF services rated as A or B are covered in full in accordance with federal healthcare reform or are covered at a reduced out-of-pocket cost for members who are enrolled in grandfathered plans. Please verify benefits by checking our website or calling the Premera Customer Service number listed on the back of the patient’s ID card.

This guideline was reviewed and approved by Premera’s Clinical Quality Improvement Committee as a resource for providers who treat our members. Although the guidelines reflect national recommendations, they are not a substitute for the clinical judgment of practitioners advising and caring for individual patients. Premera reviews and updates practice guidelines at least every two years. The committee’s composition reflects various medical specialists and geographic regions served by Premera.
Recommended Child and Adolescent Preventive Services
All recommended USPSTF services rated as A or B are covered in full in accordance with federal healthcare reform, or at a reduced out-of-pocket-cost for members who are enrolled in grandfathered plans.

**Recommended Periodic Health Visits**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Schedule</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 2 years</td>
<td>2-7 days; 2, 4, 6, 9, 12, 15, 18, and 24 months of age and ACIP immunizations.</td>
<td></td>
</tr>
<tr>
<td>3 to 6 years</td>
<td>1 visit per calendar year and ACIP immunizations.</td>
<td></td>
</tr>
<tr>
<td>7 to 18 years</td>
<td>Every 1-2 years and ACIP immunizations.</td>
<td></td>
</tr>
</tbody>
</table>

**Recommended Screening Exams**

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Drug Use</td>
<td>Adolescents Screen during routine physical exam.</td>
</tr>
<tr>
<td>Cervical Cancer Screening (PAP only)</td>
<td>Women younger than 21 years should not be screened, regardless of the age of sexual initiation or the presence of behavior-related risk factors. Women 21 to 29 Begin screening at age 21 (cytology alone) every 3 years.</td>
</tr>
<tr>
<td>Depression Screening</td>
<td>Adolescents Screen for major depressive disorder (MDD) in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow up.</td>
</tr>
<tr>
<td>Dental Caries Prevention</td>
<td>Infants and children up to age 5 years Apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption in primary care practices, recommending primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is fluoride deficient.</td>
</tr>
<tr>
<td>Hearing</td>
<td>Newborns Screen for hearing loss in all newborn infants.</td>
</tr>
<tr>
<td>Hepatitis B Screening</td>
<td>Non-pregnant Adolescents Screen for hepatitis B virus infection in persons at high risk for infection.</td>
</tr>
<tr>
<td>HIV Counseling and Screening</td>
<td>Non-pregnant adolescents Screen adolescents (and adults) ages 15-65 years. Screen younger adolescents (and older adults) at increased risk for HIV infection.</td>
</tr>
<tr>
<td>Iron Supplementation</td>
<td>6 to 12 months Routine iron supplementation for asymptomatic children aged 6 to 12 months who are increased risk for iron deficiency anemia.</td>
</tr>
<tr>
<td>Neonatal Screening</td>
<td>Newborns Newborn metabolic screening performed prior to hospital discharge &gt; 24 hours of age; gonorrhea prophylactic medication; sickle cell, PKU and congenital hypothyroidism screening.</td>
</tr>
<tr>
<td>Obesity Screening</td>
<td>2 years &amp; older Record height, weight and BMI annually. Screen for obesity, offer or refer to comprehensive, intensive behavioral interventions to improve weight status.</td>
</tr>
<tr>
<td>Scoliosis Screening</td>
<td>Adolescents Adolescent Idiopathic Scoliosis Screening</td>
</tr>
</tbody>
</table>
Syphilis Screening

| Non-pregnant Adolescents | Screen for syphilis infection in persons who are at increased risk for infection. |

Tobacco Use Screening

| Adolescents | Establish tobacco use and secondhand exposure. |

Visual Impairment Screening

| 6 months to 5 years | Screen all children at least once between ages 3-5 years to detect amblyopia, strabismus and defects in visual acuity. |

Counseling

Helmet Use

| 2 years and older | Wear an approved safety helmet for high-risk activities, such as bicycling, in-line skating, skateboarding, skiing, snowboarding, high-contact sports, and riding a horse, motorcycle, ATV, mini-bike, or snowmobile. |

Infant Sleep Positioning and SIDS

| 0 to 2 years | Place infants on their back to sleep. |

Motor Vehicle Safety

| 0 to 2 years | Car seat when riding in a motor vehicle. Rear facing until 1 year and 20 pounds. Car seat/booster seat/seat belt when riding in a motor vehicle. |

| 2 years and older | Car seat when riding in a motor vehicle. Rear facing until 1 year and 20 pounds. Car seat/booster seat/seat belt when riding in a motor vehicle. |

Obesity Counseling

| 6 years and older | Refer patients to comprehensive or behavioral interventions to promote improved weight status. Counseling covered up to 4 visits per calendar year. |

Tobacco Use Prevention

| Children and adolescents | Provide education, brief counseling to prevent initiation of tobacco use in school aged children and adolescents. Offer tobacco cessation on a regular basis. |

Sexually Transmitted Infections

| Adolescents | Intensive behavioral counseling for all sexually active adolescents at increased risk for sexually transmitted infections. |

2017 Recommended Child and Adolescent (0-18 years) Immunization Schedules

Premera recommends that children be immunized following recommendations from the Centers for Disease Control (CDC) and Prevention and the Advisory Committee on Immunization Practices.

Specific vaccinations may be recommended based on the child’s health condition, family lifestyle, travel, or activities. Members are encouraged to consult with their healthcare provider to ensure that their child is receiving vaccinations that offer the best protection.

The schedules linked below are updated annually by the CDC.

**Recommended Child and Adolescent (0-18 years) Immunization Schedule** (United States, 2017)

**Catch-up Immunization Schedule for children age 4 months through 18 years** who start late or are more than one month behind. (United States, 2017)

Vaccines that might be indicated for children and adolescents aged 18 years or younger based on medical indications. (United States, 2017)
1. The U.S. Preventive Services Task Force (USPSTF) grades its recommendations based on the strength of evidence and magnitude of net benefit (benefits minus harms).

   **Grade A:** The USPSTF recommends the service. There is high certainty that the net benefit is substantial. *Suggestions for practice:* Offer or provide this service.

   **Grade B:** The USPSTF recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial. *Suggestions for practice:* Offer or provide this service.

   **Grade C:** The USPSTF recommends against routinely providing the service. There may be considerations that support providing the service in an individual patient. There is at least moderate certainty that the net benefit is small. *Suggestions for practice:* Offer or provide this service only if other considerations support the offering or providing the service in an individual patient.

   **Grade D:** The USPSTF recommends against the service. There is moderate or high certainty that the service has no net benefit or that the harms outweigh the benefits. *Suggestions for practice:* Discourage the use of this service.

   **Grade I:** The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of the service. Evidence is lacking, of poor quality, or conflicting, and the balance of benefits and harms cannot be determined. *Suggestions for practice:* Read the clinical considerations section of USPSTF Recommendation Statement. If the service is offered, patients should understand the uncertainty about the balance of benefits and harms.

2. The Institute for Clinical Systems Improvement (ICSI) *Health Care Guideline: Preventive Services for Children and Adolescents* represents a synthesis of recommendations from other ICSI guidelines, Primary evidence through literature reviews, recommendations for other organizations (particularly the U.S. Preventive Services Task Force) and work group consensus. ICSI guidelines are reviewed regularly and revised as warranted. During revision, a literature search of clinical trials, meta-analysis and systematic reviews is performed.

3. Due to the large number of clinical preventive services, and because there are often insufficient time and resources to address them all, the ICSI work group has prioritized them. The preventive services are ranked and grouped based on evidence of effectiveness, health impact and cost-effectiveness, as follows:

   **Level I:** Preventive Services that providers and care systems must deliver (based on evidence). These are worthy of attention at every visit.

   **Level II:** Preventive Services that providers and care systems should deliver (based on evidence). These have been shown to be effective and should be provided whenever possible.

   **Level III:** Preventive Services for which the evidence is currently incomplete. These services should be left to the judgment of individual medical groups, clinicians and their patients.

   **Level IV:** Screening maneuvers that are not supported by evidence. These are of low predictive value and/or uncertain benefit.

4. Recommended by the American Academy of Pediatrics (AAP).

5. Rated **Grade I** by the U.S. Preventive Services Task Force (USPSTF) but has a **Level II** rating from Institute for Clinical Systems Improvement (ICSI).
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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
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  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
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  - Qualified interpreters
  - Information written in other languages

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PO Box 91102, Seattle, WA 98111
Toll free 855-332-4535, Fax 425-918-5992, TTY 800-842-5357
Email ComplaintsDepartment@premora.com


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यह अनुसूची नि:शुल्क अनुसूची है जिसके मुक्त है। आप यह अनुसूची नि:शुल्क अनुसूची को मुफ्त मुक्त अनुसूची के रूप में देख सकते हैं।

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هذا الإجراء معلومات حيّة، قد يعني هذه المعلومات حيّة، قد يعني هذه المعلومات حيّة.

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Français (French):


Kreyòl ayisyen (Creole):


Deutsche (German):


Hmoob (Hmong):


Ilokbo (Ilocano):

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PO Box 91102, Seattle, WA 98111
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Email AppealsDepartmentInquiries@Premera.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:
U.S. Department of Health and Human Services
200 Independence Avenue SW, Room 5055H
HHS Building Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD)

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