

Women's preventive services

blueprint

Wellness

Women's preventive healthcare — such as mammograms, screenings for cervical cancer, prenatal care and other services — generally must be covered without copayments, coinsurance or deductibles on applicable health plans.

Check with your group administrator/HR department for information regarding these benefits.



Well-woman visits: An annual preventive care visit for adult women to get the recommended preventive services, along with additional visits if the woman and her doctor determine they are necessary.



Gestational diabetes screening: For women 24 to 28 weeks pregnant, and those at high risk of developing gestational diabetes.



HPV DNA testing: Women who are 30 years of age or older have access to high-risk human papillomavirus (HPV) DNA testing every three years, regardless of pap smear results.



STI counseling, HIV screening and counseling: Sexually active women have access to annual counseling on HIV and sexually transmitted infections (STIs).



Contraception and contraception counseling: Coverage of prescription contraceptives on the drug list (brand-name contraceptives may have a copayment if a generic is available without a copayment); patient education and counseling; and Plan B (known as the morning-after pill) when prescribed for members under age 18. Any drugs used to cause abortion (e.g. RU 486) are not covered. Over-the-counter birth control methods, even if prescribed by a doctor, are not covered.



Breastfeeding support, supplies and counseling: Pregnant and postpartum women have coverage for lactation counseling from applicable healthcare providers. Manual breast pumps will be covered under some employer health plans. NOTE: Pregnancy services including prenatal, delivery and postnatal care are subject to member copayments, deductibles and coinsurance.



Domestic violence screening: Screening and counseling for interpersonal and domestic violence are covered for all women.

Schedule a visit with your primary care physician (PCP) today. To find a PCP in your network or view your benefits, register or log into Blueprint Portal, arkbluecross.com/blueprint.

*This information applies to certain health plans. In some instances, employer plans do not cover all of the services listed above. Talk to your HR administrator or check your benefits on Blueprint Portal to find out if these are all covered for you.



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