

Preventive services

Use this table to speak with your doctor about preventive services that may be appropriate for you.

Preventive services	Eligibility and recommended frequency
Abdominal aortic aneurysm screening	A one-time ultrasound screening if you have risk factors <i>Note: Even though this screening is more common for men, women can also have it if necessary</i>
Alcohol misuse screening	Covered annually For those who screen positive, 4 times per year for counseling
Bone mass measurement	Recommended frequency is once every 2 years or more frequent if you are high-risk <i>Note: Even though this screening is more common for women, men can also have it if they are high-risk</i>
Breast cancer screening (mammogram)	Females age 35 – 39: ability for one baseline screening Females age 40+: once every year
Cardiovascular behavioral therapy	Covered annually
Cardiovascular disease screening	Blood test (lipid panel), once every 5 years
Cervical and vaginal cancer screening (Pap smear and pelvic exam)	Females, once every 2 years in most cases and annually for those who meet high-risk eligibility
Colorectal cancer screening	Standard requirement: Aged 45+ years Can be asymptomatic (showing no symptoms) or high-risk Testing options: <i>One of the following every year:</i> - Guaiac-based fecal occult blood test (gFOBT) - Fecal immunochemical test (FIT) Multi-target stool DNA test (Cologuard®): once every 3 years Sigmoidoscopy: every 4 years Colonoscopy: every 10 years (but not within 4 years of a screening sigmoidoscopy) or every 2 years if you are at high-risk
Depression screening	One per year
Diabetes screening	If you have never been tested, or tested and not diagnosed, you can be tested annually If you have been diagnosed with pre-diabetes, you can be tested twice every year If you have been diagnosed with diabetes, you will not be covered for this screening service
Diabetes self-management training	If you've been diagnosed with diabetes and would like help learning how to manage your condition Initial year: Up to 10 hours of initial training within a continuous 12-month period Subsequent years: Up to 2 hours of follow-up training each calendar year after completing the initial 10 hours of training

Glaucoma test	Once every year if you're at high risk for developing the eye disease glaucoma
HIV screening	One every year
Immunizations	<p>You may get: One flu vaccine per flu season Up to two doses per lifetime: pneumonia vaccine, including Pneumovax or Prevnar Three doses: hepatitis B if you are at high-risk If your plan <i>does not</i> include pharmacy coverage (Part D), you can ask your provider to give you these vaccines If your plan does include Part D, you can ask your pharmacy or provider to give you these vaccines or get them at a network pharmacy We follow CMS guidelines for COVID-19. Visit yoursummithealth.com/covid to see current benefits.</p>
Lung cancer screenings	<p>Eligibility and recommended frequency = <i>Once annually if you meet the following criteria:</i> You're age 50-77. You don't have signs or symptoms of lung cancer (asymptomatic). You're either a current smoker or have quit smoking within the last 15 years. You have a tobacco smoking history of at least 20 "pack years" (an average of one pack (20 cigarettes) per day for 20 years). You get an order from your doctor.</p>
Nutrition therapy	<p>Eligibility and recommended frequency = You may qualify if you have diabetes or kidney disease, or you've had a kidney transplant in the last 36 months, and your doctor refers you for services</p>
Medicare Diabetes Prevention Program (MDPP)	<p>Eligibility and recommended frequency = Once in your lifetime, if you meet eligibility conditions</p>
Obesity screening and therapy	Counseling to help you lose weight if you have a body mass index (BMI) of 30 or more
Prostate cancer screening	Covered once every year for males, age 50+
Sexually transmitted infections (STI)s screening	Once annually
Tobacco use counseling	<p>If you use tobacco and would like help quitting, you can get up to 4 counseling sessions for each attempt to stop <i>Note: This benefit covers up to 2 attempts to quit within a year.</i></p>