

Minimum Essential Coverage (MEC)



MEC Plan Benefits	In-network	Out-of-network
19 Preventive Services for Adults	Covered at 100%*	Covered at 100%*
27 Preventive Services for Women	Covered at 100%*	Covered at 100%*
29 Preventive Services for Children	Covered at 100%*	Covered at 100%*

19 Covered Preventive Services for Adults (18+)
1. Abdominal Aortic Aneurysm one time screening for age 65-75
2. Alcohol Misuse screening and counseling
3. Aspirin use for men ages 45-79 & women ages 55-79 to prevent CVD when prescribed by a physician
4. Blood Pressure screening for all adults
5. Cholesterol screening for adults
6. Colorectal Cancer screening for adults starting at age 50 limited to one every 5 years
7. Depression screening for adults
8. Type 2 Diabetes screening for adults
9. Diet counseling for adults
10. Fall Prevention - Physical therapy and vitamin D for 65 and older at risk for falling and lives in a community dwelling
11. Hepatitis B & C Screening
12. HIV screening for adults
13. Immunizations vaccines for adults (Hepatitis A & B, Herpes Zoster, Human Papillomavirus, Influenza (flu shot), Measles, Mumps Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis)
14. Lung Cancer screening—55-80 year olds who smoke 30 packs a year
15. Obesity screening and counseling for all adults
16. Sexually Transmitted Infection (STI) prevention counseling for adults
17. Skin Cancer Behavioral Counseling - age 10-24 for exposure to sun
18. Syphilis screening for all adults
19. Tobacco screening for all adults & cessation interventions

27 Covered Preventive Services for Women, Including Pregnant Women

1. Anemia screening on a routine basis for pregnant women
2. Aspirin for Preeclampsia prevention
3. Bacteriuria urinary tract or other infection screening for pregnant women
4. BRCA counseling and genetic testing for women at higher risk
5. Breast Cancer Mammography screenings every year for women age 40 and over
6. Breast Cancer Chemoprevention counseling for women
7. Breastfeeding comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women. Non-network services will be payable as network services
8. Cervical Cancer screening
9. Chlamydia Infection screening
10. Contraception: Food and Drug Administration— approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs
11. Domestic and interpersonal violence screening and counseling for all women
12. Fall Prevention—Physical therapy and vitamin D for 65 and older at risk for falling and lives in a community dwelling
13. Folic Acid supplements for women who may become pregnant when prescribed by a physician
14. Gestational diabetes screening
15. Gonorrhea screening for all women
16. Hepatitis B & C screening for pregnant women
17. Human Immunodeficiency Virus (HIV) screening and counseling
18. Human Papillomavirus (HPV) DNA Test: HPV DNA testing every 3 years for women with normal cytology results who are 30 or older
19. Lung Cancer screening—55-80 years old who smoke 30 packs a year
20. Osteoporosis screening over age 60
21. Routine prenatal visits for pregnant women
22. Rh Incompatibility screening for all pregnant women
23. Skin Cancer Behavioral Counseling—for ages 10-24
24. Tobacco Use screening and interventions for all women, and expanded counseling for pregnant tobacco users
25. Sexually Transmitted Infections (STI) counseling
26. Syphilis screening
27. Well-woman visits preventive services to obtain recommended



29 Covered Preventive Services for Children (Under Age 18)

1. Alcohol and Drug Use assessments
2. Aspirin for Preeclampsia prevention
3. Behavioral assessments for children limited to 5 assessments up to age 17
4. Blood Pressure screening
5. Cervical Dysplasia screening
6. Congenital Hypothyroidism screening for newborns
7. Depression screening for adolescents age 12 and older
8. Developmental screening for children under age 3, and surveillance throughout childhood
9. Dyslipidemia screening for children
10. Fluoride Chemoprevention supplements and Fluoride varnish for children without fluoride in their water source when prescribed by a physician
11. Gonorrhea preventive medication for the eyes of all newborns
12. Hearing screening for all newborns
13. Height, Weight and Body Mass Index measurements for children
14. Hematocrit or Hemoglobin screening for children
15. Hemoglobinopathies or sickle cell screening for newborns
16. Hepatitis B & C Screening
17. HIV screening for adolescents
18. Immunization vaccines for children from birth to age 18—doses, recommended ages, and recommended populations vary: Diphtheria, Tetanus, Pertussis, Hepatitis A & B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Rotavirus, Varicells
19. Iron supplements for children up to 12 months when prescribed by a physician
20. Lead screening for children
21. Medical History for all children throughout development—ages 0 to 17 years
22. Obesity screening and counseling
23. Oral Health risk assessment for young children up to age 10
24. Phenylketonuria (PKU) screening in newborns
25. Sexually Transmitted Infection (STI) prevention counseling and screening for adolescents
26. Skin Cancer Behavioral Counseling—ages 10-24 for exposure to sun
27. Tobacco intervention and counseling for children
28. Tuberculin testing for children
29. Vision screening for all children under the age of 5

