Coverage Guideline

Subject: Preventive Health Guidelines
Document #: ADMIN.00002
Status: Reviewed
Publish Date: 07/10/2019
Last Review Date: 06/06/2019

Description/Scope

Preventive services span a broad range of care for individuals of all ages. Several national organizations produce evidence-based guidelines for these services.

Note: Please see the following document for information related to immunizations:
- ADMIN.00007 Immunizations

Note: Please see the following document for additional information related to specific screenings for colorectal cancer:
- CG-SURG-01 Colonoscopy

Note: Please see the following document for additional information related to specific screenings for breast cancer:
- RAD.00036 MRI of the Breast

Position Statement

Medically Necessary:

The following lists of sources of preventive services recommendations created by the referenced organizations listed below are considered medically necessary.

When these recommendations are updated by their sponsoring organizations, the update is considered medically necessary as of the effective date of the update of the recommendation.

If there is a specific coverage guideline or clinical UM guideline that encompasses a topic addressed in any of these referenced guidelines, the specific coverage guideline or clinical UM guideline will take precedence.

Rationale

Preventive health recommendations from prominent national organizations are listed below.


Federal and State law, as well as contract language, including definitions and specific contract provisions/exclusions, take precedence over Coverage Guidelines and must be considered first in determining eligibility for coverage. The member’s contract benefits in effect on the date that services are rendered must be used. Coverage Guidelines, which address medical efficacy, should be considered before utilizing medical opinion in adjudication. Medical technology is constantly evolving, and we reserve the right to review and update Coverage Guidelines periodically.

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The above organizations generally have similar recommendations for a given condition. When recommendations from these organizations are discordant, the least restrictive recommendations are recognized.

**Background/Overview**

Disease prevention is integral to the practice of medicine. The construct of prevention has several components, depending on the context and the patient’s location on the spectrum of disease, which are described as follows (Katz 2009):

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Primary Prevention: Refers to health promotion, which fosters wellness in general and thus reduces the likelihood of disease, disability, and premature death in a nonspecific manner, as well as specific protection against the inception of disease. Examples of the former include the promotion of physical activity and prudent dietary practices; smoking avoidance or cessation; and the mitigation of stress. Immunization is a clear example of the latter.

Secondary Prevention: Refers to the detection and management of presymptomatic disease, and the prevention of its progression to symptomatic disease. Screening is the dominant practice in this space, exemplified by cancer screening (e.g., mammography, colonoscopy), and cardiac risk screening (e.g., lipid testing, blood pressure screens).

Tertiary Prevention: Refers to the treatment of symptomatic disease in an effort to prevent its progression to disability, or premature death.

The preventive services recommendations referenced in this document refer to primary and secondary prevention strategies.

In determining the clinical appropriateness of a preventive service, a distinct set of principles must be critically considered. Recommendations must be evidence-based and clinically meaningful: there must be scientific evidence that persons who receive the preventive service experience better health outcomes than those who do not, and that the benefits are large enough to outweigh the harms. For a detailed example of the methodologic, scientific and administrative process of making evidence-based recommendations for preventive services, please refer to the USPSTF procedure manual or the National Academy of Medicine’s standards for developing trustworthy guidelines.

References


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Breastfeeding
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Cervical Cancer
Chlamydia
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Dental Health/Caries/Fluoride Treatment
Depression Screening
Diabetes Screening
Falls Prevention
Family Planning
Firearm Safety
Folic Acid and Neural Tube Deficit
Gestational Diabetes Mellitus
Gonorrhea Prophylactic Medication/Gonococcal Ophthalmia Neonatorum
Group B Streptococcal Infection in Pregnancy
Healthy Diet and Physical Activity
Hearing Loss in Newborns
Hemoglobin and Hematocrit
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Hepatitis B
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Intimate Partner Violence
Iron Deficiency Anemia
Lead Exposure
Lung Cancer
Neural Tube Defecion Prevention
Obesity in Adults, Children and Adolescents
Osteoporosis
Phenylketonuria Screening in Newborns

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Preventive Health Guidelines

Preeclampsia Prevention
Rh Blood Type
Rubella Immunity
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Skin Cancer
Smoking Cessation
Substance Abuse
Syphilis
Tobacco Abuse
Tobacco Cessation in Pregnancy
Vaccinations
Visual Acuity in Children
Ultraviolet Radiation
Well Visits for Infants, Children, and Adolescents
Women’s Health

The use of specific product names is illustrative only. It is not intended to be a recommendation of one product over another, and is not intended to represent a complete listing of all products available.

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<thead>
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<tr>
<td>Reviewed</td>
<td>06/06/2019</td>
<td>Medical Policy &amp; Technology Assessment Committee (MPTAC) review. Updated Rationale, References and Index sections.</td>
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<tr>
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<td>MPTAC review. Updated Rationale, Background/Overview and References sections.</td>
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<td>MPTAC review. Updated References section.</td>
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<tr>
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<td>MPTAC review. Updated the Rationale, References and Index sections.</td>
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<tr>
<td>Revised</td>
<td>08/06/2015</td>
<td>MPTAC review. Updated and reviewed hyperlinks; included IOM and HRSA citation hyperlinks. Updated the Rationale and Index sections.</td>
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<tr>
<td>Revised</td>
<td>11/13/2014</td>
<td>MPTAC review. Updated Rationale section to include websites of evidenced based organizations. Added Background and References sections. Updated the Index section.</td>
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<tr>
<td>Revised</td>
<td>11/14/2013</td>
<td>MPTAC review. Added USPSTF recommendation Primary Care Interventions To Prevent Tobacco Use in Children and Adolescents, 2013.</td>
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<th>Revised Date</th>
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<tr>
<td>02/17/2011</td>
<td>MPTAC review. Added updated ACIP Adult and Childhood and Adolescent Immunization Schedules, 2011; CDC updated Sexually Transmitted Diseases Treatment Guidelines, CDC updated Recommendations for Use of Meningococcal Conjugate Vaccines, CDC updated Recommendations for Use of Tdap Vaccine, CDC updated Prevention of Perinatal Group B Streptococcal Disease guidelines, ACIP recommendations for Prevention of Invasive</td>
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<tr>
<td>05/09/2013</td>
<td>MPTAC review. Added USPSTF Screening for Intimate Partner Violence and Abuse of Elderly and Vulnerable Adults, 2013. Updated Index.</td>
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<tr>
<td>02/17/2011</td>
<td>MPTAC review. Added ACIP Adult and Childhood and Adolescent Immunization Schedules, 2011; CDC updated Sexually Transmitted Diseases Treatment Guidelines, CDC updated Recommendations for Use of Meningococcal Conjugate Vaccines, CDC updated Recommendations for Use of Tdap Vaccine, CDC updated Prevention of Perinatal Group B Streptococcal Disease guidelines, ACIP recommendations for Prevention of Invasive</td>
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Preventive Health Guidelines

Pneumococcal Disease Among Infants and Children --- Use of 13-Valent Pneumococcal Conjugate Vaccine and 23-Valent Pneumococcal Polysaccharide Vaccine and USPSTF updated Screening for Visual Impairment in Children Ages 1 to 5 Years and USPSTF updated Screening for Osteoporosis.


Revised 08/19/2010 MPTAC review. Removed the ACIP provisional HPV recommendations and replaced with the official published recommendations in the MMWR. Added ACIP Recommendations for Prevention and Control of Influenza with Vaccines.

Revised 05/13/2010 MPTAC review. Added ACIP Provisional Recommendations for the Use of Influenza Vaccines and Licensure of a 13-Valent Pneumococcal Conjugate Vaccine (PCV13) and Recommendations for Use Among Children --- ACIP.

Revised 02/25/2010 MPTAC review. Added ACIP Adult and Childhood and Adolescent Immunization Schedules, 2010; ACIP Provisional Recommendations for HPV Vaccine, ACOG Practice Bulletin on Cervical Cytology Screening and USPSTF recommendations for Screening for Obesity in Children and Adolescents. Recommendations reviewed and updated as indicated.


Reviewed 08/27/2009 MPTAC review. Added USPSTF updated recommendation for Folic Acid for the Prevention of Neural Tube Defects and Screening for Impaired Visual Acuity in Older Adults. Added ACIP recommendations for Prevention and Control of Seasonal Influenza with Vaccines and Use of Influenza A (H1N1). Added ACIP Resolutions for Measles, Mumps, Rubella, and Varicella, Meningococcal Disease, and Poliomyelitis.


Reviewed 02/26/2009 MPTAC review. Added ACIP resolution for Use of Pneumococcal Vaccines. Recommendations reviewed and updated as indicated.

Reviewed 11/20/2008 MPTAC review. Added USPSTF updated recommendation on Screening for Lipid Disorders in Adults and USPSTF updated recommendation on Screening for Colorectal Cancer Screening. Websites reviewed and updated.

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<td>05/15/2008</td>
<td>MPTAC review. Added rationale on colorectal cancer screening and ACIP recommendation on Prevention of Pertussis, Tetanus, and Diphtheria Among Pregnant and Postpartum Women and Their Infants and Prevention of Herpes Zoster.</td>
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<td>Reviewed</td>
<td>03/03/2008</td>
<td>Added ACIP resolution on influenza, adopted February 27, 2008 and effective July 1, 2008.</td>
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<td>MPTAC review. Clarified position statement for updating effective date for updated recommendations. Recommendations reviewed and updated.</td>
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<td>08/23/2007</td>
<td>MPTAC review. CDC guide on Screening Young Children for Lead Poisoning and CDC recommendation for varicella prevention added. Websites reviewed and updated.</td>
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<td>MPTAC review. Added AHA recommendation for Cardiovascular Disease Prevention in Women. Updated ACOG Committee Opinion on Primary and Preventive Care. Websites reviewed and updated.</td>
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<td>Provisional recommendation for Quadrivalent Human Papillomavirus Vaccine updated.</td>
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<td>01/05/2007</td>
<td>The link for the 2007 Childhood and Adolescent Immunization Schedule and the link for the Recommendations for the Use of Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine updated.</td>
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<td>Revised</td>
<td>09/14/2006</td>
<td>MPTAC review. Websites updated for HPV, Rotavirus, Mumps, Pertussis and Varicella Vaccines.</td>
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<td>06/08/2006</td>
<td>MPTAC review. Websites updated.</td>
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<td>07/14/2005</td>
<td>MPTAC review. Revision based on Policy Harmonization: Pre-merger Anthem and Pre-merger WellPoint.</td>
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