Good health begins with good lifestyle habits and regular exams. Preventive health care guidelines help providers keep members on track with necessary screenings and exams based on age and gender. We provide many tools to members and providers to promote good preventive health measures, including health education classes, health management programs, and preventive health guidelines.

Providers can access the recommended guidelines by visiting the Anthem website at www.anthem.com and following the directions below:

- Click Providers and select Indiana from the dropdown list – Click Enter
- Place cursor on the Health Information, Click on Preventative Care from the drop-down menu

The guidelines available on the Anthem website are the most up-to-date clinical resources for preventative screening, immunizations, and counseling for our members, from nationally-recognized sources. Scroll through age-related sections for specific information.

Any practice without Internet access can request a paper copy of the Preventative Health Care Guidelines or CD-Rom of the entire Anthem Healthy Indiana Plan Provider Manual, which includes the Preventative Health Care Guidelines, by contacting the Anthem’s Network Development Department at 800-455-6805.

The Plan’s recommendation of these guidelines is not an authorization, certification, explanation of benefits, or a contract. Benefits and eligibility are determined by the Indiana Family and Social Services Administration (FSSA) in accordance with the requirements set forth by the State of Indiana.
Ages 19–39 Years

Recommendations for Preventive Pediatric Health Care:
http://pediatrics.aappublications.org/content/vol105/issue3/images/large/pe0304207001.jpeg

American Academy of Pediatrics website: http://www.aap.org (Use the Search capability for this age group)

Institute for Clinical Systems Improvement website: Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org


Ages 40–64 Years


Institute for Clinical Systems Improvement website: Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org

CLINICAL AND PREVENTIVE PRACTICE GUIDELINES

An ounce of prevention is worth a pound of cure. At Anthem, we take this old adage seriously. We understand that prevention, in the form of preventative medical practices, may help our members maintain optimal health. That’s why Anthem supports preventive health services based on guidelines recognized by organization such as the U.S. Preventive Services Task Force. These include physician guidelines for:

- Immunizations
- Well visits
- Health screenings
- Disease management
- Counseling intervention

Why do we care about preventative health services? Because at Anthem, our mission is to improve the health of the people we serve. Additional information can be found on our website at [www.anthem.com](http://www.anthem.com).

Preventive Care Services

Preventive Care benefits may vary based on the age, sex, and personal history of the individual, and as determined appropriate by our clinical coverage guidelines. Screenings and other services are generally covered as Preventive Care for adults with no current symptoms or prior history of a medical condition associated with that screening or service. **Members who have current symptoms or have been diagnosed with a medical condition are not considered to require Preventive Care for that condition but instead benefits will be considered under the Diagnostic Services benefit.**

Some examples of Preventive Care Covered Services are:

- Adult routine physical examinations.
- Pelvic examinations.
- Routine EKG, Chest XR, laboratory tests such as complete blood count, comprehensive metabolic panel, urinalysis.
- Annual dilated eye examination for diabetic retinopathy.
- Immunizations for adults - we follow the Adult Immunization Schedule by age and medical condition as approved by the Advisory Committee on
Immunization Practice (ACIP) and accepted by the American College of Gynecologists (ACOG) and the American Academy of Family Physicians.

These include, but are not limited to:

- Hepatitis A vaccine
- Hepatitis B vaccine
- Influenza virus vaccine
- Rabies vaccine
- Diphtheria vaccine
- Tetanus vaccine
- Mumps virus vaccine
- Measles virus vaccine
- Rubella virus vaccine
- Varicella (Chickenpox) vaccine
- Meningococcal vaccine
- Human Papilloma Virus (HPV) vaccine
- Herpes Zoster (Shingles) vaccine

Screening examinations:

- Routine screening mammograms. Additional mammography views required for proper evaluation and any ultrasound services for screening of breast cancer, if determined Medically Necessary by your Physician, are also covered;

- Routine cytologic and chlamydia screening (including pap test);

- Routine bone density testing for women;

- Routine lead screening for members ages 19 and 20;

- Routine prostate specific antigen testing;
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- Routine colorectal cancer examination and related laboratory tests. Examinations and tests will be covered more often as recommended by the current American Cancer Society guidelines or by your Physician;

Diabetes self management training is covered for an individual with insulin dependent diabetes, non-insulin dependent diabetes, or elevated blood glucose levels induced by pregnancy or another medical condition when:

- Medically Necessary;
- Ordered in writing by a Physician or a podiatrist; and
- Provided by a Health Care Professional who is licensed, registered, or certified under state law.

For the purposes of this provision, a “Health Care Professional” means the Physician or podiatrist ordering the training or a Provider who has obtained certification in diabetes education by the American Diabetes Association.

INCENTIVE FOR RECEIVING PREVENTATIVE CARE SERVICES

Healthy Indiana Plan members who receive pre-defined preventative services while enrolled in the Healthy Indiana Plan program, will be rewarded by being able to carry over to the next year, any amount remaining in the individual’s POWER account.

In 2008, HIP will consider all members as having received appropriate preventative services if they had at least a general physical while covered by HIP. FSSA medical staff will set standards for appropriate preventative services for HIP members to be used in subsequent years. These standards will be based on the age, gender and medical histories of HIP enrollees.