

Preventive Service Recommendations

The following is a partial list of preventive services that have a rating of A or B from the [U.S. Preventive Services Task Force](#) and are required of non-grand-fathered plans under the Affordable Care Act, as well as, appropriate for Wellvibe health management activities.

Breast Cancer Screening

Women 50-74 years of age

Method: mammogram

Interval: every 2 years

Cervical Cancer Screening

Women 21-29 years of age

Method: pap test

Interval: every 3 years

Women 30-65 years of age

Method: pap test

Interval: every 3 years

-or-

Method: pap test with HPV co-testing

Interval: every 5 years

Colorectal Cancer Screening

Women & Men 50-74 years of age

Method: fecal occult blood

Interval: every year

-or-

Method: sigmoidoscopy

Interval: every 5 years

and

Method: fecal occult blood co-testing

Interval: every 3 years

-or-

Method: colonoscopy

Interval: every 10 years

Blood Pressure Screening

Women & Men 18 years of age & older

Method: blood pressure cuff (sphygmomanometer)

Interval: every 2 years if blood pressure is less than 120/80

-or-

Interval: every year if blood pressure falls within the following ranges:
systolic pressure of 120-139 or diastolic pressure of 80-89