

# Preventive services covered under the **Affordable Care Act** in Illinois

The Affordable Care Act (ACA) requires most health plans to cover a set of preventive services at no cost to you, such as vaccines and screening tests. These services are free only when delivered by a doctor or other provider in your plan's network. Visit [HealthCare.gov](https://www.healthcare.gov) or call Quartz Customer Success at **(800) 362-3310** for more information.

States may require plans to provide additional or more generous preventative services than the federal guidelines. The following list of covered preventive services for adults, individuals (including pregnant individuals), and children (up to age 26) reflect ACA mandates as well as Illinois state law.



## Covered preventive services for adults

- **Abdominal aortic aneurysm** one-time screening for individuals of specified ages who have ever smoked and were assigned male at birth
- **Alcohol misuse** screening and counseling
- **Anxiety** screening, once annually
- **Blood pressure** screening for all adults
- **Blood pressure** screening outside the clinical setting for adults age 40 or older
- **Breast cancer genetic test counseling (BRCA)** for individuals at higher risk for breast cancer
- **Breast cancer mammography** screenings every one to two years for individuals age 35 and older, including 3D mammography screenings and MRI as needed
- **Breast cancer chemoprevention** counseling for individuals at higher risk
- **Breast cancer preventive** medications
- **Chlamydia infection** screening
- **Cholesterol** screening for adults of certain ages or at higher risk
- **Colorectal cancer** screening for adults ages 45 to 75
- **Depression** screening for adults
- **Diabetes (Type 2)** screening for adults with high blood pressure, aged 35 to 70 years who are overweight or obese, and non-pregnant individuals with a history of gestational diabetes
- **Diet counseling** for adults at higher risk for chronic disease
- **Falls prevention** exercise or physical therapy and vitamin D supplementation to prevent falls in community-dwelling adults aged 65 and older who are at increased risk for falls
- **Gonorrhea** screening
- **Hepatitis B** screening for non-pregnant adults at high risk for infection
- **Hepatitis C** screening for adults ages 18 to 79
- **HIV screening** for everyone ages 15 to 65 and others at increased risk
- **HIV Preexposure Prophylaxis (PrEP)** drugs for everyone ages 15 to 65 and others at increased risk
- **Immunization vaccines** for adults. Doses, recommended ages, recommended populations, and medical requirements may vary:
  - Diphtheria
  - Hepatitis A
  - Hepatitis B
  - Herpes Zoster
  - Human Papillomavirus (HPV)
  - Inactivated Poliovirus
  - Influenza (Flu shot)
  - Measles
  - Meningococcal
  - Mpox
  - Mumps
  - Pertussis (Whooping Cough)
  - Respiratory Syncytial Virus (RSV)
  - Rubella
  - SARS-CoV-2 (COVID-19)
  - Tetanus
  - Varicella (Chickenpox)

- **Lung cancer** screening of adults ages 50 to 80 years with a history of smoking
- **Obesity** prevention, screening, and counseling
- **Sexually Transmitted Diseases (STD)** screening and counseling for adults at higher risk
- **Sexually Transmitted Infection (STI)** prevention counseling for adults at higher risk
- **Skin cancer** counseling for children, adolescents, and young adults aged 10 to 24 who have fair skin
- **Statin** preventive medication for adults aged 40 to 75 at high risk for cardiovascular disease
- **Syphilis** screening for all adults at higher risk
- **Tobacco use** screening for all adults and cessation interventions for tobacco users
- **Tuberculosis infection** screening for adults at higher risk for infection
- **Unhealthy drug use** screening for adults

## HRSA-recommended preventive services\*, including for pregnant individuals

- **Anemia** screening on a routine basis for pregnant individuals
- **Bacteriuria** urinary tract or other infection screening for pregnant individuals
- **Breastfeeding** comprehensive support and counseling from trained providers and access to breastfeeding and milk storage supplies for pregnant and nursing individuals
- **Cervical cancer** screening for sexually active individuals. This includes Human Papillomavirus (HPV) DNA testing every three years for individuals ages 30 or older with normal cytology results
- **Contraceptives** Food and Drug Administration-approved contraceptive methods, sterilization procedures, patient education and counseling, and follow-up care, as prescribed by a health care provider for individuals with reproductive capacity. This does not apply to health plans sponsored by certain exempt "religious employers"
- **Diabetes (Type 2)** screening for adults with high blood pressure, aged 35 to 70 years who are overweight or obese, and non-pregnant individuals with a history of gestational diabetes
- **Domestic and interpersonal violence** screening and counseling
- **Folic acid** supplements for individuals who may become pregnant
- **Gestational diabetes** screening for individuals 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- **Healthy weight** counseling for pregnant individuals
- **Hepatitis B** screening for pregnant individuals at their first prenatal visit
- **Human Immunodeficiency Virus (HIV)** screening and counseling for sexually active individuals
- **Low-dose aspirin** used as a preventive medication for pregnant individuals who are at high risk for preeclampsia (after 12 weeks of gestation)
- **Osteoporosis screening** for individuals assigned female at birth and age 60 and older, depending on risk factors
- **Preeclampsia** screening for all pregnant individuals
- **Perinatal depression** screening for pregnant or postpartum individuals at increased risk
- **Rh incompatibility** screening for all pregnant individuals and follow-up testing for individuals at higher risk
- **Sexually Transmitted Infections (STI)** counseling for sexually active individuals at increased risk
- **Syphilis** screening for all pregnant individuals or other individuals at increased risk
- **Tobacco use** screening and interventions for all individuals and expanded counseling for pregnant tobacco users
- **Well-woman visits** to obtain recommended services for individuals aged 65 and younger
- **Urinary incontinence** screening

\*HRSA-recommended preventive services" refers to the "Women's Preventive Services Guidelines" published by the Health Resources and Services Administration.

## Covered preventive services for children

- **Alcohol and drug use** assessments for adolescents
- **Anxiety screening** once annually
- **Autism screening** for children at 18 and 24 months
- **Behavioral, social, and emotional** assessments for children ages 0 to 18
- **Blood pressure** screening for children ages 0 to 18
- **Cervical dysplasia** screening for sexually active adolescents

- **Congenital hypothyroidism** screening for newborns
- **Depression and suicide risk** screening for adolescents
- **Developmental screening** for children under age 3
- **Dyslipidemia screening** for children at higher risk of lipid disorders ages 1 to 18 years
- **Fluoride application** to the primary teeth of all infants and children up to age five, starting at the age of primary tooth eruption
- **Fluoride chemoprevention** supplements for children aged 6 months to 5 years without fluoride in their water source
- **Gonorrhea** preventive medication for the eyes of all newborns
- **Hearing screening** periodically until age 21
- **Height, weight, and body mass index** measurements for children ages 0 to 18 years
- **Hematocrit or hemoglobin** screening for children
- **Hemoglobinopathies or sickle cell** screening for newborns
- **Hepatitis B** infection risk assessment for newborns or screening for non-pregnant adolescents at high risk for infection
- **HIV screening** for adolescents and young adults at higher risk
- **Hypothyroidism** screening for newborns
- **Immunization** vaccines for children from birth to age 18. Doses, recommended ages, recommended populations, and medical requirements may vary:
  - Diphtheria
  - Haemophilus influenzae type b
  - Hepatitis A
  - Hepatitis B
  - Human Papillomavirus (HPV)
  - Inactivated Poliovirus
  - Influenza (Flu shot)
  - Measles
  - Meningococcal
  - Mpox
  - Mumps
  - Pertussis (Whooping Cough)
  - Pneumococcal
  - Respiratory Syncytial Virus (RSV)
  - Rotavirus
  - Rubella
  - SARS-CoV-2 (COVID-19)
  - Tetanus
  - Varicella (Chickenpox)
- **Lead screening** for children at risk of exposure
- **Medical history** for all children throughout development ages 0 to 18 years
- **Obesity** screening and counseling
- **Oral health** risk assessment for young children ages 0 to 10
- **Phenylketonuria (PKU)** screening for this genetic disorder in newborns
- **Sexually Transmitted Diseases (STD)** screening and counseling for adolescents at higher risk
- **Sexually Transmitted Infections (STI)** prevention counseling and screening for adolescents at higher risk
- **Skin cancer** counseling for infants, children, and younger adults ages 6 months to 24 years who have fair skin
- **Tobacco** use counseling and education for school-aged children and adolescents
- **Tuberculin** testing for children at higher risk of tuberculosis ages 0 to 18
- **Vision** screening for all children, including screening for amblyopia for ages 6 months to 5 years. A vision screening is a simple test to detect potential problems with vision, usually performed in a pediatrician's office. It is different than a diagnostic vision exam performed by an optometrist

For more detailed information on preventive care, visit [HealthCare.gov](https://www.healthcare.gov) or contact Quartz Customer Success at **(800) 362-3310**.

Source: [healthcare.gov/coverage/preventive-care-benefits/](https://www.healthcare.gov/coverage/preventive-care-benefits/)

This flyer applies to individual and group health plans offered by Quartz Health Benefit Plans Corporation and Quartz Health Insurance Corporation.