


Be Healthy

Using Your Wellness Benefits

Helping You Stay Healthy

Health Alliance Northwest emphasizes prevention through comprehensive wellness coverage. We support members throughout their lives, not just when they're sick.



Accurate at time of print. Please log in to YourHealthAlliance.org for a current list of wellness benefits.



We cover preventive services and tests, even when you are healthy. Here is a partial list of the services included in your comprehensive wellness benefit.*



- One wellness exam per member (no age limitations) per plan year
- One wellness visit to a Women's Principal Health Care Provider per year
- Well-child care
- The screenings, procedures and immunizations listed below, within the applicable wellness benefit:
 - Blood sugar screening
 - Cervical cancer screening (Pap smear)
 - Cervical cancer vaccine
 - Childhood immunizations
 - Chlamydia screening
 - Cholesterol screening
 - Colorectal cancer screening (flexible sigmoidoscopy, screening colonoscopy, fecal occult blood test)



*Office visit copayment or coinsurance may apply and/or be applicable to a deductible. Age limitations and frequencies may apply.

A detailed listing of wellness-covered procedures and services follows.

Procedure Codes

Descriptions

Immunizations		
90460-90461, 90471-90474	Immunization administration	
90632-90634	Hepatitis A	
90636	HepA-HepB adult	
90644, 90733-90734	Meningococcal	
90620-90621	MenB ages 16-23	
90647-90648	Hib	
90649	HPV quadrivalent 3 dose (ages 9-26)	
90650-90651	HPV bivalent 3 dose (ages 9-26)	
90630, 90653-90658, 90660-90662, 90664, 90666-90668, 90672, 90673, 90674, 90685-90688, Q2034-Q2039	Influenza	
90670, 90732	Pneumococcal	
90680-90681	Rotavirus	
90696	DTaP-IPV ages 4-6	
90697	DTap-IPV-Hib-HepB	
90698	DTaP-Hib-IPV	
90700	DTaP < 7 years	
90702	DT < 7 years	
90707	Measles, mumps and rubella (MMR)	
90710	Measles, mumps, rubella and varicella vaccine (MMRV)	
90713	Poliovirus (IPV)	
90714	Td 7 years and older	
90715	Tdap 7 years and older	
90716	Varicella (VZV) – chicken pox	
90723	DTaP-HepB-IPV	
90736	Herpes Zoster (shingles) ages 60 and older	
90739, 90740, 90743, 90744, 90746, 90747	Hepatitis B	
90748	HepB-Hib	
G0008	Administration of influenza virus vaccine	
G0009	Administration of pneumococcal vaccine	
G0010	Administration of hepatitis B vaccine	
Alcohol Screenings		
99408	Alcohol and/or substance (other than tobacco) abuse structured screening (e.g., AUDIT, DAST) and brief intervention (SBI) services; 15 to 30 minutes	Four visits per year
99409	Alcohol and/or substance (other than tobacco) abuse structured screening (e.g., AUDIT, DAST) and brief intervention (SBI) services; greater than 30 minutes	Four visits per year
G0442	Annual alcohol misuse screening, 15 minutes	
G0443	Brief face-to-face behavioral counseling for alcohol misuse, 15 minutes	Four visits per year

Bone Density		
76977, 77078, 77080, 77081, G0130	DXA, bone density study	One per lifetime for ages 65 and older
Cholesterol		
80061	Lipid profile	Once every 5 years for men ages 35 and older; women ages 45 and older Once every 5 years for men ages 20-35; women ages 20-45 (with Z13.6, Z82.41-Z82.49)
82465	Cholesterol, serum or whole blood, total	Once every 5 years for men ages 35 and older; women ages 45 and older Once every 5 years for men ages 20-35; women ages 20-45 (with Z13.6, Z82.41-Z82.49)
83718	Lipoprotein, direct measurement; high-density cholesterol (HDL cholesterol)	Once every 5 years for men ages 35 and older; women ages 45 and older Once every 5 years for men ages 20-35; women ages 20-45 (with Z13.6, Z82.41-Z82.49)
83721	Lipoprotein, direct measurement; LDL cholesterol	Once every 5 years for men ages 35 and older; women ages 45 and older Once every 5 years for men ages 20-35; women ages 20-45 (with Z13.6, Z82.41-Z82.49)
84478	Triglycerides	Once every 5 years for men ages 35 and older; women ages 45 and older Once every 5 years for men ages 20-35; women ages 20-45 (with Z13.6, Z82.41-Z82.49)
Colorectal		
G0104	Colorectal cancer screening, flexible sigmoidoscopy	Once every 5 years starting at age 50
G0105	Colorectal cancer screening, colonoscopy	Once every 10 years starting at age 50
G0106	Colorectal cancer screening, alternative to G0104, screening sigmoidoscopy, barium	Once every 5 years starting at age 50
G0120	Colorectal cancer screening, alternative to G0105, screening colonoscopy, barium	Once every 10 years starting at age 50
G0121	Colorectal cancer screening, colonoscopy on individual not meeting criteria for high risk	Once every 10 years starting at age 50
G0328	Colorectal cancer screening, fecal occult blood test, immunoassay, 1-3 simultaneous determinations	Annually starting at age 50

45330, 45331-PT, 45338-PT	Flexible sigmoidoscopy	Once every 5 years starting at age 50
45378-PT, 45380-PT, 45384-PT, 45385-PT, 45388-PT, G6024-PT	Colonoscopy, flexible	Once every 10 years starting at age 50
82270, 82274	Blood occult screening	Annually starting at age 50
Diabetes		
82947	Glucose (fasting blood sugar)	
82950	Glucose, post prandial	
82951	Glucose, tolerance test	
G0108	Diabetes self-management training, individual session (two or more), 30 minutes	
G0109	Diabetes self-management training, group session (two or more), 30 minutes	
HIV		
86689	Antibody, HTLV or HIV antibody, confirmatory test (e.g., Western Blot)	
86701	Antibody, HIV-1	
86702	Antibody, HIV-2	
86703	Antibody, HIV-1 and HIV-2, single assay	
G0475	HIV antigen/antibody, combination assay, screening	
87389	Infectious agent antigen detection by immunoassay technique (e.g., enzyme immunoassay [EIA], enzyme-linked immunosorbent assay [ELISA], immunochemiluminometric assay [IMCA]), qualitative or semiquantitative, multiple-step method; HIV-1 antigen(s), with HIV-1 and HIV-2 antibodies, single result	
87390	Infectious agent antigen detection by immunoassay technique (e.g., enzyme immunoassay [EIA], enzyme-linked immunosorbent assay [ELISA], immunochemiluminometric assay [IMCA]), qualitative or semiquantitative, multiple-step method; HIV-1	
87391	Infectious agent antigen detection by immunoassay technique (e.g., enzyme immunoassay [EIA], enzyme-linked immunosorbent assay [ELISA], immunochemiluminometric assay [IMCA]), qualitative or semiquantitative, multiple-step method; HIV-2	
G0432, G0433, G0435	Infection agent antibody detection	
S3645	HIV-1 antibody testing of oral mucosal transudate	
Men's Health		
G0102, G0103, 84152- 84154	Prostate cancer screening	
76706	Ultrasound AAA screening	One per lifetime for men ages 65-75
Newborn		
84030	Phenylalanine (PKU)	
84443	Thyroid stimulating hormone (TSH)	
85660	Sickling of RBC, reduction	

85014, 85018	Anemia test	Age 21 and younger With diagnosis code Z00.121-Z00.129
83655	Lead screening	Age 21 and younger With diagnosis code Z00.121-Z00.129
86580	TB testing	Age 21 and younger With diagnosis code Z00.121-Z00.129
80061, 82465, 83721, 84478	Dyslipidemia screening	Age 21 and younger With diagnosis code Z00.121-Z00.129, Z13.220

Sexually Transmitted Diseases

G0445	Semiannual high-intensity behavioral counseling to prevent STIs. Includes education, skills training and guidance on how to change sexual behavior.	Two every 12 months
86592-86593	Syphilis test	
87270, 87320, 87490-87492, 87810	Chlamydia	
87850, 87590-87592	Gonorrhea	
87623-87625, G0476	Papillomavirus (HPV)	Screening should begin at 30 years of age and should occur no more frequently than every three years.

Women's Health

P3000-P3001, Q0091, R923	Pap smear	
G0101	Cervical or vaginal cancer screening, pelvic and breast exam	
G0123, G0124, G0141, G0143-G0145, G0147-G0148	Screening cytopathology, cervical or vaginal	
88141-88143, 88147, 88148, 88150, 88152-88155, 88164-88167, 88174-88175	Cytopathology, cervical or vaginal	
E0602	Breast pump, manual	

Women's Health - Contraceptive Management* (with Diagnosis)

A4261	Cervical cap for contraceptive use	
A4264	Permanent implantable contraceptive intratubal occlusion device(s) and delivery system	
A4266	Diaphragm for contraceptive use	

*For members with pharmacy benefits, a listing of contraceptives covered at the pharmacy can be found at HealthAlliance.org.

S4989, J7297, J7298, J7301, J7307	Contraceptive intrauterine device (IUD), including implants and supplies	
J1050	Medroxyprogesterone acetate	
57170	Diaphragm or cervical cap fitting with instructions	
58300, 58301	Insertion and removal of intrauterine device (IUD)	
58565	Hysteroscopy, surgical; with bilateral fallopian tube cannulation to induce occlusion by placement of permanent implants	
58600, 58605, 58611	Ligation or transaction of fallopian tube(s), abdominal or vaginal approach, unilateral or bilateral	
58615	Occlusion of fallopian tube(s) by device (e.g., band, clip, Falope ring) vaginal or suprapubic approach	
58670	Laparoscopy, surgical; with fulguration of oviducts (with or without transaction)	
58671	Laparoscopy, surgical; with occlusion of oviducts by device (e.g., band, clip or Falope ring)	
Women's Health - Mammography		
77063, 77067, G0202, R403	Screening mammography	Once a year ages 35 and up Under age 35 with high risk
96040	Medical genetics counseling (for BRCA)	With diagnosis code Z80.3
Women's Health - Obstetric Exams and Screening With Maternity Diagnosis		
80055, 80081	Obstetric profile	
81000-81002	Urinalysis	
83540	Iron	
85007, 85009	Differential WBC count	
85025, 85027	Automated hemogram	
86762	Antibody, rubella	
86850	Transfusion screen	
86900, 86901	Blood typing	
87086, 87088	Urine culture/colony count; urine bacteria	
87340-87341	Hepatitis B surface antigen detection	
87350	Hepatitis B antigen (HBeAg)	
85004	Blood count; automated differential WBC	
Smoking Cessation		
99406, 99407	Smoking and tobacco use cessation counseling visit	

Miscellaneous		
G0117, G0118	Glaucoma screening	
92551	Hearing screening, pure tone	Age 21 and younger
G0270, G0271, 97802-97804	Medical nutrition therapy	With diagnosis codes E08.00-E13.9, E71.30-E75.6, E77.0-E88.9, I10, I25.10-I25.9, I50.20-I50.9, J41.0-J44.9, N18.1-N18.9, O24.410-O24.439, O99.810, O99.815, Z48.22, Z94.0
G0444	Annual depression screening; 15 minutes	
G0446	Biannual face-to-face intensive behavioral therapy to reduce CVD risk; 15 minutes	
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	26 every 12 months with diagnosis codes Z68.30-Z68.45
G0472, 86803	Hepatitis C screening	Annually for high risk. Once per lifetime for adults born between 1945 and 1965.
G0473	Face-to-face behavioral counseling for obesity, group (2-10), 30 minutes	
99173	Screening test of visual activity	Age 21 and younger
99420	Administration and interpretation of health risk assessment instrument (e.g., health hazard appraisal)	
96110	Developmental testing	
99188	Application of fluoride varnish	Ages 0-6
G0297	Low dose CT for lung cancer screening	Annually ages 55-80
Preventive Care Exams		
99381-99387, 99391-99397	Preventive medicine services	
99401-99404, 99411, 99412	Preventive counseling	
R770	Preventive care services	
R771	Preventive care services vaccine administration	
R779	Other preventive services	

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If you have any questions about your wellness benefit, please call the number on the back of your ID card, Monday through Friday, 8 a.m.–5 p.m.