



# Helping You Stay Healthy

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



## Using Your Preventive Services

Call us 8 a.m. to 8 p.m. Monday through Friday 1-800-965-4022 or TTY 711

Accurate at time of print. Please log in to [YourHealthAlliance.org](http://YourHealthAlliance.org) for a current list of wellness benefits.

# Helping You Stay Healthy

Health Alliance Medicare emphasizes prevention through comprehensive wellness coverage. We support members throughout their lives, not just through the course of a disease or medical condition.

It's smart to cover preventive services and tests, when medically appropriate, even when you are healthy. To make knowing what is covered as simple as possible, here is a partial list of the services included in your standard, comprehensive wellness benefit.

- One wellness exam per member (no age limitations), per plan year when the service is billed with the primary diagnosis code for a routine general medical examination: Z00.00, Z00.01 for adults and Z00.121, Z00.129 for children
- One visit to a Women's Principal Health Care Provider per year, when the service is billed with the primary diagnosis code Z01.411, Z01.419 for a gynecological exam
- The screenings, procedures and immunizations listed below, within the applicable wellness benefit:

- Blood sugar screening
- Cervical cancer screening (Pap smear)
- Chlamydia screening
- Cholesterol screening
- Colorectal cancer screening\* (flexible sigmoidoscopy, screening colonoscopy, fecal occult blood test)
- Hepatitis B vaccine
- Influenza vaccine
- Mammography (screening)
- Meningococcal immunization
- Pneumococcal vaccine
- Prostate cancer screening

A detailed listing of covered procedures and services follows.

\* Colonoscopies are covered for average-risk members age 50 and over. Colonoscopies for high-risk members are covered based on current national guidelines.

Visit [HealthAllianceMedicare.org](http://HealthAllianceMedicare.org), and log in as a member to view the most current listing of covered preventive service codes. If your doctor bills Health Alliance Medicare with a code that is not on this list, the service may not be covered under the wellness benefit. Even though a code may not be covered under the wellness benefit, it may still be covered by the plan according to your benefits with applicable copays/coinsurance.

Immunizations	
90630, 90653-90658, 90660-90662, 90664, 90666-90668, 90672, 90673, 90674, 90685-90688, Q2034-Q2039	Influenza
90670, 90732	Pneumococcal
90739, 90740, 90743, 90744, 90746, 90747	Hepatitis B
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 (eg, 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	Every two years or more frequently if medically necessary
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## Cardiovascular Disease Screening Tests

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 4 years starting at age 50
G0105	Colorectal cancer screening; colonoscopy	Once every 2 years starting at age 50
G0106	Flexible sigmoidoscopy	Once every 4 years starting at age 50
G0120	Colorectal cancer screening; alternative to G0105, screening colonoscopy, barium enema	Once every 2 years starting at age 50
G0121	Colorectal cancer screening; colonoscopy on individual not meeting criteria for high risk	Once every 4 years starting at age 50

<b>G0328</b>	Colorectal cancer screening; fecal occult blood test, immunoassay, 103 simultaneous determinations	Annually starting at age 50
<b>81528</b>	Cologuard	Once every 3 years starting at age 50
<b>45330, 45331-PT, 45338-PT</b>	Flexible sigmoidoscopy	Once every 5 years starting at age 50
<b>45378-PT, 45380-PT, 45384-PT, 45385-PT, 45388-PT, G6024-PT</b>	Colonoscopy, flexible	Once every 10 years starting at age 50
<b>82270, 82274</b>	Blood occult screening	Annually starting at age 50
<b>Diabetes</b>		
<b>82947</b>	Glucose (fasting blood sugar)	
<b>82950</b>	Glucose, post prandial	
<b>82951</b>	Glucose, tolerance test	
<b>G0108</b>	Diabetes self-management training, individual session (two or more), 30 minutes	
<b>G0109</b>	Diabetes self-management training, group session (two or more), 30 minutes	
<b>HIV</b>		
<b>86689</b>	Antibody; HTLV or HIV antibody, confirmatory test (e.g., Western Blot)	
<b>86701</b>	Antibody, HIV-1	
<b>86702</b>	Antibody, HIV-2	
<b>86703</b>	Antibody, HIV-1 and HIV-2, single assay	
<b>G0475</b>	HIV antigen/antibody, combination assay, screening	
<b>87389</b>	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	
<b>87390</b>	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	
<b>87391</b>	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	
<b>G0432, G0433, G0435</b>	Infection agent antibody detection	
<b>S3645</b>	HIV-1 antibody testing of oral mucosal transudate	
<b>Men's Health</b>		
<b>G0102-G0103, 84152-84154</b>	Prostate cancer screening	
<b>76706</b>	Ultrasound AAA screening	One per lifetime for men ages 65-75
<b>Sexually Transmitted Diseases</b>		
<b>G0445</b>	Semiannual high intensity behavioral counseling to prevent STIs, individual, face-to-face. Includes education, skills training and guidance on how to change sexual behavior.	Two every 12 months
<b>86592-86593</b>	Syphilis test	

87270, 87320, 87490-87492, 87810	Chlamydia	Pregnant women who are 24 years old or younger when the diagnosis of pregnancy is known and then repeat screening during the third trimester if high-risk sexual behavior has occurred since the initial screening test. Pregnant women who are at increased risk for STIs when the diagnosis of pregnancy is known and then repeat screening during the third trimester if high-risk sexual behavior has occurred since the initial screening test.
87850, 87590-87592 87623-87625, G0476	Gonorrhea Papillomavirus (HPV)	Screening should begin at 30 years of age and should occur no more frequently than every three years

## Women's Health

77063, G0202, R403	Mammogram	
P3000-P3001, Q0091, R923	Pap smear, one every two years	
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	

## Smoking Cessation

99406-99407	Smoking and tobacco-use cessation counseling visit	
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## Miscellaneous

G0117-G0118	Glaucoma screening	
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
76707	Ultrasound AAA screening	One per lifetime
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
G0473	Face-to-face behavioral counseling for obesity, group (2-10), 30 minutes	
G0472, 86803	Hepatitis C screening	Annually for high risk. Once per lifetime for adults born between 1945 and 1965
99420	Administration and interpretation of health-risk assessment instrument (e.g., health hazard appraisal)	
G0296, 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	
G0402-G0405	"Welcome to Medicare" Preventive Visit	
G0438, G0439	Annual Wellness Visit	



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Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits and co-payments/co-insurance may change on January 1 of each year.

Health Alliance complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame 1-800-965-4022 (TTY: 711).

注意：如果你講中文，語言協助服務，免費的，都可以給你。呼叫 1-800-965-4022 (TTY: 711).



If you have questions about your wellness benefits, please call the number on the back of your ID card.