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# MEC Preventive and Wellness Benefits

## A LIST OF THE “MINIMUM ESSENTIAL COVERAGE” REQUIRED BY ACA

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### Covered Preventive Services for Adults (ages 18 and older)

1. Abdominal Aortic Aneurysm one time screening for men of specified ages who have ever smoked
  2. Alcohol Misuse screening and counseling
  3. Aspirin use to prevent cardiovascular disease for men and women of certain ages
  4. Blood Pressure screening
  5. Cholesterol screening for adults of certain ages or at higher risk
  6. Colorectal Cancer screening for adults over 50
  7. Depression screening
  8. Diabetes (Type 2) screening for adults with high blood pressure
  9. Diet Counseling for adults at higher risk for chronic disease
  10. Hepatitis B screening for people at high risk
  11. Hepatitis C screening for adults at increased risk, and one time for everyone born 1945-1965
  12. HIV screening for everyone ages 15 to 65, and other ages at increased risk
  13. Immunizations vaccines (Hepatitis A & B, Herpes Zoster, Human Papillomavirus (HPV), Influenza (flu shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella (Chickenpox))
  14. Lung Cancer screening for adults 55-80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years
  15. Obesity screening and counseling
  16. Sexually Transmitted Infection (STI) prevention counseling for adults at higher risk
  17. Syphilis screening for adults at higher risk
  18. Tobacco Use screening for all adults and cessation interventions for tobacco users
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### 22 Covered Preventive Services for Women, Including Pregnant Women

1. Anemia screening on a routine basis for pregnant women
  2. Bacteriuria urinary tract or other infection screening for pregnant women
  3. BRCA counseling about genetic testing for women at higher risk
  4. Breast Cancer Mammography screenings every 1 to 2 years for women of a certain age
  5. Breast Cancer Chemoprevention counseling for women at higher risk
  6. Breastfeeding comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women
  7. Cervical Cancer screening for sexually active women
  8. Chlamydia Infection screening for younger women and other women at higher risk
  9. Contraception: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs
  10. Domestic and Interpersonal Violence screening and counseling for all women
  11. Folic Acid supplements for women who may become pregnant
  12. Gestational Diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
  13. Gonorrhea screening for all women at higher risk
  14. Hepatitis B screening for pregnant women at their first prenatal visit
  15. Human Immunodeficiency Virus (HIV) screening and counseling for sexually active women
  16. Human Papillomavirus (HPV) DNA Test: high risk HPV DNA testing every three years for women with normal cytology results who are 30 or older
  17. Osteoporosis screening for women over age 60 depending on risk factors
  18. Rh Incompatibility screening for all pregnant women and follow-up testing for women at higher risk
  19. Tobacco Use screening and interventions for all women, and expanded counseling for pregnant tobacco users
  20. Sexually Transmitted Infections (STI) counseling for sexually active women
  21. Syphilis screening for all pregnant women or other women at increased risk
  22. Well-woman visits to obtain recommended preventive services
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### Covered Services for Children

1. Alcohol and Drug Use assessments for adolescents
  2. Autism screening for children at 18 and 24 months
  3. Behavioral assessments for children limited to 5 assessments up to age 17
  4. Blood Pressure screening for children
  5. Cervical Dysplasia screening for sexually active females
  6. Depression screening for adolescents
  7. Developmental screening for children under age 3
  8. Dyslipidemia screening for children at higher risk of lipid disorders
  9. Fluoride Chemoprevention supplements for children without fluoride in their water source
  10. Gonorrhea preventive medication for the eyes of all newborns
  11. Hearing screening for all newborns
  12. Height, Weight and Body Mass Index (BMI) measurements for children
  13. Hematocrit or Hemoglobin screening for all children
  14. Hemoglobinopathies or Sickle Cell screening for newborns
  15. Hepatitis B screening for adolescents at high risk
  16. HIV screening for adolescents at higher risk
  17. Hypothyroidism screening for newborns
  18. Immunization vaccines for children from birth to age 18 – doses, recommended ages, and recommended populations vary (Diphtheria, Tetanus, Pertussis (Whooping Cough), Hepatitis A & B, Human Papillomavirus (HPV), Inactivated Poliovirus, Influenza (Flu Shot), Measles, Meningococcal, Pneumococcal, Rotavirus, Varicella, Haemophilus influenzae type b)
  19. Iron supplements for children ages 6 to 12 months at risk for anemia
  20. Lead screening for children at risk of exposure
  21. Medical History for all children throughout development
  22. Obesity screening and counseling
  23. Oral Health risk assessment for young children up to age 10
  24. Phenylketonuria (PKU) screening for newborns
  25. Sexually Transmitted Infection (STI) prevention counseling and screening for adolescents at higher risk
  26. Tuberculin testing for children at higher risk of tuberculosis
  27. Vision screening for all children
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