

GOVERNMENT OF PUERTO RICO  
OFFICE OF THE COMMISSIONER OF INSURANCE  
ESSENTIAL HEALTH BENEFIT AND PREVENTIVE SERVICES CHECKLIST

ATTACHMENT 6  
REVISED 02/2025

COMPANY:  
FORM(S) NUMBER:  
SERFF TRACKING NUMBER:  
MARKET TYPE

- ☐ Individual  
☐ Small Group  
☐ Large Group

Benefit	Description	Please specify location (Form/Page/Paragraph/ Other) of complying provision/language <u>or attach explanation for an N/A response</u>	FOR OFFICIAL USE ONLY
<b>Essential Health Benefits</b>			
Air ambulance	Covered, No limits. Out of area air ambulance coverage is not covered.		
Allergy tests	(50) Test per policy year per enrollee <sup>1</sup> . Vaccines not covered.		
Bariatric Surgery	Subject to preauthorization. It must be covered the payment of (1) of the types of the bariatric surgery per member for life in Puerto Rico, if the services are available. The types of bariatric surgery that may be covered are the following: gastric bypass, adjustable band or sleeve gastrectomy. Coverage is available only to a diagnostic of morbid obesity. Morbid obesity means is the excess fat in the body determined by a body mass index (BMI) greater or equal to 35. The insured and dependents may have to meet a waiting period of 12 months before the benefit is covered, unless the physician certifies that the patient's life is in imminent danger. The facility must have accreditation from the Joint Commission and one of two entities the American College of Surgeon or the American Society for Metabolic and Bariatric Surgery. Surgeries to remove excess skin (commonly known as flaps) are not covered, unless the physician certifies that it is necessary to remove excess skin, since it affects the functionality of a limb or body part.		
Biophysical profile	(1) Procedure per pregnancy.		
Chiropractic Care	(20) Physical therapies or manipulations covered under a combined limit per policy year per enrollee.		
Contraceptive methods	Covered, No limits.		
Cryo-surgery of the uterus	(1) procedures per year per enrollee.		
Delivery and All Inpatient Services for Maternity Care	Delivery of baby (48) hour minimum length for vaginal delivery and (96) for cesarean delivery. Covered for main enrollee, spouse and dependent daughter.		
Dental Check-Up for Children	Dental checkup and cleanings (2) per policy year per member (every (6) months); bitewings and periapicals no more than one set every 3 years.		

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Diagnostic Test (X-Ray and Lab Work)	No Limits. The reproduction of X-Rays must be covered. Laboratories related to infertility problems are covered as long as the same are laboratories covered in the policy.		
Dialysis and hemodialysis	(90) Days. Services related to any type of dialysis or hemodialysis, as well as services for any complication that may arise and their corresponding hospital or medical-surgical services. Will be covered for the first (90) days from: a) the date in which the member became eligible for the policy during the first time or, b) the date in which he/she received the first dialysis and hemodialysis. This will apply when subsequent dialysis or hemodialysis are related to the same clinical conditions.  These services must be covered for inpatient and outpatient services.		
Durable Medical Equipment	Covered with a preauthorization from plan rental or purchase or oxygen and necessary equipment for its administration/wheelchair/hospital bed. Mechanical respirators and ventilators are covered without limits as required by Law No. 62 of May 4, 2015 to member's patients under age of (21) and those who have started treatment as minors and meet (21) years and who received medical services or receive home care will continue to receive these services after (21) years of age. Coverage include also the following benefits: technological equipment necessary to enable the insured to stay alive; at least one daily shift of (8) hours of skilled nursing services with expertise in respiratory therapy or respiratory therapy specialists with expertise in nursing; supply that involve the management of the technological equipment; physical and occupational therapy.		
Emergency Room Services	No Limits. No preauthorization or waiting period required. Emergency services for out-network providers cannot be covered through reimbursement. Limitations indicating that the emergency service must be received during the first 24 hours are not accepted. Carrier with emergency telephone lines that offers waiver or a lower copayment or coinsurance if the member calls to such line cannot make any difference between an in-network or out-network provider.		
Emergency Transportation/Ambulance	Services requested through the 9-1-1 Emergency System, covered and paid directly to the provider. Other transportation services (i.e. transportation between institutions) covered by reimbursement up to \$80 per trip.		

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Eye Glasses for Children	(1) pair of glasses (lenses and frames per year per member), supplemented using FEDVIP. Low Vision coverage - Glasses for member until age (21). (1) pair per policy year per member within the contracted collection, including high-powered glasses to policyholders with significant loss of vision, but do not have totally blind. Also covers one item per year per member, visual aids (prescription lenses, telescopes single or double lens) to policyholders up to age (21) with significant loss of vision, but do not have totally blind. Services related to Eye glasses cannot be provided through reimbursement, discounts or allowance.		
Gastrointestinal endoscopies	Covered, No Limits.		
Generic Drugs	Subject to a Drug List, Generics as a first option. Some medications may require preauthorization, age limits, quantity limits, specialty limits and/or step therapy. Drugs related to mental health conditions cannot include limitations indicating that a specific drug must be prescribe by a psychiatrist or neurologist.  Not all the drugs related to mental/behavioral health conditions can be manage through a specialty limit.		
Habilitation Services	(20) Physical therapies or manipulations covered under a combined limit per year. Services limited to physical therapies, except for those covered under home health care benefit.		
Home Health Care Services	(40) physical, occupational and speech therapy under a combined limit per policy year per member. Covered only if they begin 14 days after members discharge from hospital of at least (3) days and if they are provided for the same condition by he/she was admitted.		
Imaging (CT/PET Scans, MRIs)	For PET & PET/CT, (1) Per policy year per enrollee. For MRI & CT, (1) per anatomical region per policy year per enrollee.		
Inpatient Hospital Services (e.g., Hospital Stay)	Excludes services for personal comfort and or custodial services. Hospitalizations for services or procedures that may be performed in an outpatient services are not covered.		
Inpatient Physician and Surgical Services	Covered, No Limits.		
Intra-articular injections	(12) Injections per policy year per member, up to (2) daily injections.		
Invasive cardiovascular, non-invasive cardiovascular procedures and tests	Electromyograms covered up to (2) procedures per year per enrollee.		
Lithotripsy	Covered, No limits		

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Mental/Behavioral Health Inpatient Services	Residential treatment outside service area is not covered. No limit in accordance to the Mental Health Parity Act. Limitations indicating that these services must be received or coordinate through an specific company or program are not accepted.		
Mental/Behavioral Health Outpatient Services	No limit in accordance to the Mental Health Parity Act. Limitations indicating that these services must be received or coordinate through an specific company or program are not accepted.		
MRA	Covered, No limits.		
Nerve conduction velocity tests	(2) Procedures per policy year per enrollee.		
Neurological tests and procedures	Covered, No limits.		
Non-Preferred Brand Drugs	Subject to a Drug List, Generics as a first option. Some medications may require preauthorization, age limits, quantity limits, specialty limits and/or step therapy. Drugs related to mental health conditions cannot include limitations indicating that a specific drug must be prescribe by a psychiatrist or neurologist.  Not all the drugs related to mental/behavioral health conditions can be manage through a specialty limit.		
Nuclear medicine tests	Covered, No Limits.		
Nutritionist services	(4) Per policy year per enrollee. Limited to morbid, renal and diabetes conditions. Covered by reimbursement up to \$20 per visit.		
Oral, Intravenously, Injectable or Intrathecal chemotherapy	Covered, No Limits. Antineoplastic agents cannot be excluded from the basic coverage.  These services must be covered for inpatient and outpatient services.		
Orthognatic surgery	Expenses related for materials are excluded.		

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Other Practitioner Office Visit (Nurse, Physician Assistant)	Non physician professionals or doctors in odontology including nurse and physician assistant except those required by local law such as: podiatrist, audiologist, optometrist, clinical psychologists and chiropractors.		
Out of area coverage (US)	Services are covered for emergency cases or cases that required equipment, treatment and facilities not available in Puerto Rico. Services are subject to preauthorization from the plan except for an emergency. Elective treatments, not considered as an emergency, are not covered by this policy. Rates to be paid are the usual and customary (UCR) rate of the geographical area in which the services are provided, would have to be paid directly to the provider.		
Outpatient Facility Fee (e.g., Ambulatory Surgery Center)	Services rendered in an outpatient facility that may be performed in physician's office are not covered.		
Outpatient Rehabilitation Services	(20) Physical therapies or manipulations covered under a combined limit per policy year per enrollee. Services not covered include occupational, speech and language therapies, prosthetics and implants, orthopedics and orthotic devices, cardiac rehabilitation. Occupational, speech and language therapies must be covered for autism condition and for home health care services. Services limited to physical therapies, except for those covered under home health care benefit.		

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Outpatient Surgery Physician/Surgical Services	Excludes: Cosmetic surgery, oral surgery that is dental in origin except those as a result of an accident, mammoplasty (except those required for patients after a breast cancer mastectomy), septoplasty, blepharoplasty, rhinoplasty, procedures to re-establish the ability to procreate, organ transplant procedures, other than the specified in the transplant services benefit (other organ transplant may be covered as an optional benefit), induced abortion, experimental procedures, skin tags removal, ptosis repair, nail excisions, scalenotomy, Lasik and other surgical procedures to correct refractive defects, surgical assistance services, intravenous analgesia services or analgesia administered through inhalation at the physician or dentist's office, services for the treatment of the temporomandibular articulation syndrome, excision of granulomas or radicular cysts originated by infection in the tooth pulp; services to correct the vertical dimension or occlusion, removal of exostosis (mandibular or maxillary).		
Polysomnography	(1) Type of test per lifetime per enrollee.		
Preferred Brand Drugs	Subject to a Drug List, Generics as a first option. Some medications may require preauthorization, age limits, quantity limits, specialty limits and/or step therapy. Drugs related to mental health conditions cannot include limitations indicating that a specific drug must be prescribed by a psychiatrist or neurologist.  Not all the drugs related to mental/behavioral health conditions can be managed through a specialty limit.		
Prenatal and Postnatal Care	Covered for mainholder, spouse and dependent daughter.		
Preventive Care/Screening/Immunization	Preventive care that meets recommendations described below, as established by the USPSTF.		
Primary Care Visit to Treat an Injury or Illness	Covered, No Limits.		
Radiation therapy	Covered, No Limits. These services must be covered for inpatient and outpatient services.		
Routine Dental Services (Adult)	Dental checkup and cleaning (2) per policy year per member (every (6) months); bitewings and periapicals no more than one set every (3) years. (Optional coverage; Orthodontic, Periodontics, Endodontic, prosthetic dental services, Full mouth reconstructions, Fluoride treatment covered to members under age (19) and Root canal only to anterior and posterior teeth.)		
Routine Eye Exam (Adult)	Refraction exam is covered (1) per year, per member.		
Routine Eye Exam for Children	(1) Visit per year supplemented using FEDVIP.		

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Routine Foot Care	Covered, No Limits.		
Skilled Nursing Facility	Covered only if they begin (14) days after member's discharge from hospital of at least (3) days and if they are provided for the same condition by he/she was admitted. Maximum of (120) days.		
Specialist Visit	Covered, No Limits.		
Specialty Drugs	Subject to a Drug List, Generics as a first option. Some medications may require preauthorization, age limits, quantity limits, specialty limits and/or step therapy. Drugs related to mental health conditions cannot include limitations indicating that a specific drug must be prescribe by a psychiatrist or neurologist.  Not all the drugs related to mental/behavioral health conditions can be manage through a specialty limit.		
Sterilization	Covered, No Limits.		
Substance Abuse Disorder Inpatient Services	No limits in accordance to the Mental Health Parity Act. Include Detox and Residential treatment services. Residential treatment outside service area is not covered. Partials are included: (2) partial hospital days equivalent to (1) regular day. Limitations indicating that these services must be received or coordinate through an specific company or program are not accepted. Expenses for services resulting from the administration of an employer drug detection program are not covered. However, after the enrollee's participation in any treatment related to a positive outcome in the employer drug detention program, he/she is eligible for treatment under the contract. Language indicating that the emergency services must be received during the first 24 hours is not accepted. Not all the drugs related to mental/behavioral health conditions can be manage through a specialty limit.		

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Substance Abuse Disorder Outpatient Services	No limits in accordance to the Mental Health Parity Act. Limitations indicating that these services must be received or coordinate through an specific company or program are not accepted. Expenses for services resulting from the administration of an employer drug detection program are not covered. However, after the enrollee's participation in any treatment related to a positive outcome in the employer drug detention program, he/she is eligible for treatment under the contract. Language indicating that the emergency services must be received during the first 24 hours is not accepted. Not all the drugs related to mental/behavioral health conditions can be manage through a specialty limit.		
Transplant Services	Benefit covers skin, bone and corneal transplants. Coverage extends to charges directly related to the transplant service, including care prior to surgery, post-surgery care and treatment in respect of immunosuppressive drugs. Services are covered only through participating providers. Pre authorization is required. This benefit will be covered 100% in Puerto Rico and should not be available through reimbursement.		
Tympanometry	(1) Per policy year per enrollee.		
Urgent Care Centers or Facilities	No Limits. No preauthorization or waiting period required.		
<b>Covered Preventive Services for Adult (NO COST SHARING IS APPLICABLE)</b> <b>**ADULTS PREVENTIVE SERVICES MUST BE INCLUDED IN THE SAME ORDER AND DESCRIPTION ESTABLISHED IN THIS CHECKLIST**</b>			
Abdominal Aortic Aneurysm	(1) time screening for abdominal aortic aneurysm (AAA) by ultrasonography in men aged (65) to (75) who have ever smoked.		
Anxiety Disorders Screening	The USPSTF recommends screening for anxiety disorders in adults (64 years or younger), including pregnant and postpartum persons.		
Colorectal Cancer	The USPSTF recommends screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, in adults, beginning at age (45) years and continuing until age (75) years. The risks and benefits of these screening methods vary. Also, USPSTF recommends of a follow-up colonoscopy after a positive result from a non-invasive test. This test is a screening test and so patients will not have any out-of-pocket costs.		

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Depression and Suicide Risk screening for Adults	The USPSTF recommends screening for depression in the adult population, including pregnant and postpartum persons, as well as older adults(65 years or older).			
Falls Prevention in Community-Dwelling Older Adults: Interventions: community-dwelling adults 65 years or older	The USPSTF recommends exercise interventions to prevent falls in community-dwelling adults 65 years or older who are at increased risk for falls.			NEW
Healthy diet and physical activity counseling to prevent cardiovascular disease: adults with cardiovascular risk factors	The USPSTF recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease (CVD) risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for CVD prevention.			
Hepatitis B Virus Infection screening	The USPSTF recommends screening for hepatitis B virus (HBV) infection in adults at increased risk for infection.			
Hepatitis C virus infection screening: Adolescents and Adults	The USPSTF recommends screening for hepatitis C virus (HCV) infection in adults aged 18 to 79 years.			
Hypertension Screening in Adults 18 years or older without known hypertension	The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement. The USPSTF recommends obtaining blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment.			
Prevention of Acquisition of HIV: Preexposure Prophylaxis: adolescents and adults at increased risk of HIV	The USPSTF recommends that clinicians prescribe preexposure prophylaxis using effective antiretroviral therapy to persons who are at increased risk of HIV acquisition to decrease the risk of acquiring HIV. See the Practice Considerations section for more information about identification of persons at increased risk and about effective antiretroviral therapy.			
HIV screening: nonpregnant adolescents and adults	Clinicians screening for HIV infection in adolescents and adults ages (15) to (65) years. Younger adolescents and older adults who are at increased risk should also be screened. As required by Law 45-2016 one HIV test a year as part of the routine studies for any medical evaluation, except for pregnant women to which apply the requirements of the USPSTF. You should consider the recommendations set out in the Department of Health's HIV regulations.			

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Immunization	<p>Vaccines for adults-doses, recommended ages, and recommended populations vary: <b>Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella, Haemophilus influenza type b.</b> Catch ups must be covered.</p> <p><b>COVID-19</b> vaccine as part of preventive immunizations for 19 years of age and older adults, according to the order established by the Puerto Rico Department of Health and the recommendations of the Advisory Committee on Immunization Practices (ACIP), of the Centers for Disease Control and Prevention (CDC), in accordance with Article 2.050 (C) of the Health Insurance Code of Puerto Rico.</p> <p><b>Mpox vaccine</b> recommended for any person at risk for Mpox infection.</p> <p><b>Respiratory Syncytial Virus (RSV)</b> vaccine recommended for Seasonal administration during pregnancy and older adults ages 60 years. See CDC recommendations.</p>		
Latent Tuberculosis Infection Screening	The USPSTF recommends screening for LTBI in populations at increased risk. See the "Assessment of Risk" section for additional information on adults at increased risk.		
Lung cancer screening	The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults ages (50) to (80) years who have a (20) pack-year smoking history and currently smoke or have quit within the past (15) years. Screening should be discontinued once a person has not smoked for (15) years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.		
Obesity screening and counseling: adults	The USPSTF recommends that clinicians offer or refer adults with a body mass index of 30 or higher (calculated as weight in kilograms divided by height in meters squared) to intensive, multicomponent behavioral interventions.		

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Prediabetes and Type 2 Diabetes Screening in asymptomatic adults aged 35 to 70 years who have overweight or obesity	The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who have overweight or obesity. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.		
Sexually Transmitted Infections (STI) Counseling	The USPSTF recommends intensive behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs).		
Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication	The USPSTF recommends that clinicians prescribe a statin for the primary prevention of CVD for adults aged 40 to 75 years who have 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, hypertension, or smoking) and an estimated 10-year risk of a cardiovascular event of 10% or greater.		
Syphilis Infection in Nonpregnant Adolescents and Adults: Screening	The USPSTF recommends screening for syphilis infection in asymptomatic persons, nonpregnant adolescents and adults who are at increased risk for infection.		
Tobacco Smoking cessation and Medication: nonpregnant adults	<p>The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)–approved pharmacotherapy for cessation to nonpregnant adults who use tobacco.</p> <p>For those who uses tobacco cessation products, this plan cover the dispatch of FDA approved medication for smoke cessation for (90) consecutive days in one intent and until (2) intents per year. The recommendation does not established any difference on the medication for smoke cessation tier. If the formulary include the drug no cost sharing can be applied regardless the specific tier.</p>		
Tuberculosis screening: adults	The USPSTF recommends screening for latent tuberculosis infection in populations at increased risk.		

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Unhealthy alcohol use: adults	The USPSTF recommends screening for unhealthy alcohol use in primary care settings in adults 18 years or older, including pregnant women, and providing persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce unhealthy alcohol use.		
Unhealthy Drug Use: adults	The USPSTF recommends screening by asking questions about unhealthy drug use in adults age 18 years or older. Screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred. (Screening refers to asking questions about unhealthy drug use, not testing biological specimens.)		
<b>Covered Preventive Services for Women, Including Pregnant (NO COST SHARING IS APPLICABLE)</b> <b>**WOMENS PREVENTIVE SERVICES MUST BE INCLUDED IN THE SAME ORDER AND DESCRIPTION ESTABLISHED IN THIS CHECKLIST**</b>			
Asymptomatic Bacteriuria Screening: pregnant persons	The USPSTF recommends screening for asymptomatic bacteriuria using urine culture in pregnant persons.		
BRCA-Related Cancer: Risk Assessment, Genetic Counseling, and Genetic Testing	The USPSTF recommends that primary care clinicians assess women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool. Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing.		
Breast Cancer Preventive Medication Use to Reduce Risk	The USPSTF recommends that clinicians offer to prescribe risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, to women who are at increased risk for breast cancer aged 35 years or older and at low risk for adverse medication effects.		

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Breast Cancer: Screening: women aged 40 to 74 years	The USPSTF recommends biennial screening mammography for women aged 40 to 74 years.			UPDATED
Breast Cancer Screening for Women at Average Risk	<p>The Women's Preventive Services Initiative recommends that women at average risk of breast cancer initiate mammography screening no earlier than age 40 years and no later than age 50 years. Screening mammography should occur at least biennially and as frequently as annually. Women may require additional imaging to complete the screening process or to address findings on the initial screening mammography. If additional imaging (eg, magnetic resonance imaging, ultrasound, mammography) and pathology evaluation are indicated, these services also are recommended to complete the screening process for malignancies. Screening should continue through at least age 74 years, and age alone should not be the basis for discontinuing screening.</p> <p>Women at increased risk also should undergo periodic mammography screening, however, recommendations for additional services are beyond the scope of this recommendation.</p>			UPDATED
Breastfeeding	<p>Comprehensive lactation support services (including consultation; counseling; education by clinicians and peer support services; and breastfeeding equipment and supplies) during the antenatal, perinatal, and postpartum periods to optimize the successful initiation and maintenance of breastfeeding.</p> <p>Breastfeeding equipment and supplies include, but are not limited to, double electric breast pumps (including pump parts and maintenance) and breast milk storage supplies. Access to double electric pumps should be a priority to optimize breastfeeding and should not be predicated on prior failure of a manual pump. Breastfeeding equipment may also include equipment and supplies as clinically indicated to support dyads with breastfeeding difficulties and those who need additional services. No monetary limits apply.</p> <p>Breastfeeding equipment and supplies cannot be provided through reimbursement or in the optional Major Medical coverage.</p>			
Cervical Cancer Screening	<p>The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years.</p> <p>For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting).</p>			

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Chlamydia Screening in all sexually active women, including pregnant persons	The USPSTF recommends screening for chlamydia in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection.		
Contraception	All Food and Drug Administration approved, granted or cleared contraceptive methods, sterilization procedures, screening, patient education, counseling and provision of contraceptives (including in the immediate postpartum period) for all women with reproductive capacity as prescribed. Contraceptives care also includes follow-up care.  The full range of contraceptives includes those currently listed in the FDA's Birth Control Guide and any additional contraceptives approved, granted or cleared by the FDA. Any device insertion and removal of contraceptive methods is covered. Contraceptives methods cannot be provided through reimbursement. The Health Insurance Code of Puerto Rico, neither the federal applicable law established any difference in contraceptive tiers. If the formulary include the contraceptive no cost sharing can be applied regardless the specific tier.		
Counseling for Healthy Weight and Weight Gain in Pregnancy: Pregnant Persons	The USPSTF recommends that clinicians offer pregnant persons effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy.		
Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults: Screening: women of reproductive age	The USPSTF recommends that clinicians screen for intimate partner violence (IPV) in women of reproductive age and provide or refer women who screen positive to ongoing support services.		
Screening and Counseling for Intimate Partner and Domestic Violence	The Women's Preventive Services Initiative recommends screening adolescent and adult women for intimate partner and domestic violence, at least annually, and, when needed, providing intervention services. Intimate partner and domestic violence includes physical violence, sexual violence, stalking and psychological aggression (including coercion), reproductive coercion, neglect, and the threat of violence, abuse, or both. Intervention services include, but are not limited to, counseling, education, harm reduction strategies, and appropriate supportive services.		

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Folic Acid Supplementation to Prevent Neural Tube Defects: Preventive Medication	The USPSTF recommends that all persons planning to or who could become pregnant take a daily supplement containing 0.4 to 0.8 mg (400 to 800 mcg) of folic acid.		
Diabetes in Pregnancy	The Women's Preventive Services Initiative (WPSI) recommends screening pregnant women for gestational diabetes mellitus (GDM) after 24 weeks of gestation (preferably between 24 and 28 weeks of gestation) to prevent adverse birth outcomes.  The WPSI recommends screening pregnant women with risk factors for type 2 diabetes or GDM before 24 weeks of gestation—ideally at the first prenatal visit.		
Gonorrhea Screening in all sexually active women, including pregnant persons	The USPSTF recommends screening for gonorrhea in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection		
Hepatitis B Screening: Pregnant women	Screening for pregnant women at their first prenatal visit.		
Human Immunodeficiency Virus (HIV) screening: Pregnant persons	The USPSTF recommends that clinicians screen for HIV infection in all pregnant persons, including those who present in labor or at delivery whose HIV status is unknown. Regarding pregnant women, all insurers or health services organizations are required to cover and will not impose cost-sharing requirements with regard to the following tests included in the most recent recommendations of the USPSTF: 1) A first HIV test during the first trimester of pregnancy at the first prenatal visit, and 2) A second test during the third trimester of pregnancy (between the (28) and (34) weeks of pregnancy).		
Screening for Human Immunodeficiency Virus Infection (HIV)	All adolescent and adult women, ages 15 and older, receive a screening test for HIV at least once during their lifetime. Earlier or additional screening should be based on risk, and rescreening annually or more often may be appropriate beginning at age 13 for adolescent and adult women with an increased risk of HIV infection.  Risk assessment and prevention education for HIV infection beginning at age 13 and continuing as determined by risk.  A screening test for HIV is recommended for all pregnant women upon initiation of prenatal care with rescreening during pregnancy based on risk factors. Rapid HIV testing is recommended for pregnant women who present in active labor with an undocumented HIV status. Screening during pregnancy enables prevention of vertical transmission.		

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Obesity Prevention in Midlife Women	Counseling midlife women aged 40 to 60 years with normal or overweight body mass index (BMI) (18.5-29.9 kg/m2) to maintain weight or limit weight gain to prevent obesity. Counseling may include individualized discussion of healthy eating and physical activity.		
Osteoporosis to Prevent Fractures: Screening: postmenopausal women younger than 65 years with 1 or more risk factors for osteoporosis	The USPSTF recommends screening for osteoporosis to prevent osteoporotic fractures in postmenopausal women younger than 65 years who are at increased risk for an osteoporotic fracture as estimated by clinical risk assessment. See the "Practice Considerations" section for more information on risk assessment and screening tests.		UPDATED
Osteoporosis to Prevent Fractures: Screening: women 65 years or older	The USPSTF recommends screening for osteoporosis to prevent osteoporotic fractures in women 65 years or older. See the "Practice Considerations" section for more information on screening tests.		UPDATED
Patient Navigation Services for Breast and Cervical Cancer Screening	The Women's Preventive Services Initiative recommends patient navigation services for breast and cervical cancer screening and follow-up, as relevant, to increase utilization of screening recommendations based on an assessment of the patient's needs for navigation services. Patient navigation services involve person-to-person (eg, in-person, virtual, hybrid models) contact with the patient. Components of patient navigation services should be individualized. Services include, but are not limited to, person-centered assessment and planning, health care access and health system navigation, referrals to appropriate support services (eg, language translation, transportation, and social services), and patient education.		NEW
Perinatal depression: counseling and intervention	The USPSTF recommends that clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions.		
Preeclampsia prevention: aspirin in pregnant persons at high risk for preeclampsia	The USPSTF recommends the use of low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia.		
Hypertensive Disorders of Pregnancy screening asymptomatic pregnant persons	The USPSTF recommends screening for hypertensive disorders in pregnant persons with blood pressure measurements throughout pregnancy.		
RH Incompatibility screening	Rh (D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy- related care.  Also, repeated Rh (D) antibody testing for all unsensitized Rh (D)- negative women at (24)-(28) weeks gestation, unless the biological father is known to be Rh (D)-negative.		

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Screening for anxiety	The Women's Preventive Services Initiative recommends screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum. Optimal screening intervals are unknown and clinical judgement should be used to determine screening frequency. Given the high prevalence of anxiety disorders, lack of recognition in clinical practice, and multiple problems associated with untreated anxiety, clinicians should consider screening women who have not been recently screened.		
Diabetes after pregnancy	<p>The Women's Preventive Services Initiative (WPSI) recommends screening for type 2 diabetes in women with a history of gestational diabetes mellitus (GDM) who are not currently pregnant and who have not previously been diagnosed with type 2 diabetes. Initial testing should ideally occur within the first year postpartum and can be conducted as early as 4–6 weeks postpartum.</p> <p>Women who were not screened in the first year postpartum or those with a negative initial postpartum screening test result should be screened at least every 3 years for a minimum of 10 years after pregnancy. For those with a positive screening test result in the early postpartum period, testing should be repeated at least 6 months postpartum to confirm the diagnosis of diabetes regardless of the type of initial test (eg, fasting plasma glucose, hemoglobin A1C, oral glucose tolerance test). Repeat testing is also indicated for women screened with hemoglobin A1C in the first 6 months postpartum regardless of whether the test results are positive or negative because the hemoglobin A1C test is less accurate during the first 6 months postpartum..</p> <p>Women who were not screened in the first year postpartum or those with a negative initial postpartum screening test result should be screened at least every 3 years for a minimum of 10 years after pregnancy. For those with a positive screening test result in the early postpartum period, testing should be repeated at least 6 months postpartum to confirm the diagnosis of diabetes regardless of the type of initial test (eg, fasting plasma glucose, hemoglobin A1C, oral glucose tolerance test). Repeat testing is also indicated for women screened with hemoglobin A1C in the first 6 months postpartum regardless of whether the test results are positive or negative because the hemoglobin A1C test is less accurate during the first 6 months postpartum.</p>		

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Syphilis screening: pregnant women	Early screening for syphilis infection in all pregnant women.		
Screening for urinary incontinence in women	<p>The Women's Preventive Services Initiative recommends screening women for urinary incontinence as a preventive service. Factors associated with an increased risk for urinary incontinence include increasing parity, advancing age, and obesity; however, these factors should not be used to limit screening.</p> <p>Several screening tools demonstrate fair to high accuracy in identifying urinary incontinence in women. Although minimum screening intervals are unknown, given the prevalence of urinary incontinence, the fact that many women do not volunteer symptoms, and the multiple, frequently-changing risk factors associated with incontinence, it is reasonable to conduct annually.</p>		
Tobacco Smoking cessation: Pregnant Persons	The USPSTF recommends that clinicians ask all pregnant persons about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco.		
Well-woman visits	Well-woman preventive care visit annually (depending on the woman's health status, health needs and other risk factors) for adult women to obtain the recommended preventive services that are age and developmentally appropriate, including preconception care and many services necessary for prenatal care and interpregnancy visits. This well-woman visit should, where appropriate, include other preventive services listed. If the clinician determines that a patient requires additional well-woman visits, the additional visits must be provided without cost sharing. The full range of contraceptives includes those currently listed in the Food and Drug Administration (FDA's) Birth Control Guide- approved, -granted, or -cleared contraceptives, effective family planning practices, and sterilization procedures be available as part of contraceptive care.		

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<b>Covered Preventive Services for Children (NO COST SHARING IS APPLICABLE)</b> <b>**CHILDREN PREVENTIVE SERVICES MUST BE INCLUDED IN THE SAME ORDER AND DESCRIPTION ESTABLISHED IN THIS CHECKLIST**</b>			
Anemia/Iron	Perform risk assessment or screening as appropriate, per recommendations in the current edition of the AAP Pediatric Nutrition: Policy of the American Academy of Pediatrics (Iron chapter).		
Anxiety in Children and Adolescents: Screening: children and adolescents aged 8 to 18 years	The USPSTF recommends screening for anxiety in children and adolescents aged 8 to 18 years.		
Autism Spectrum Disorder Screening	Screening for children at (18) and (24) months.		
Behavioral/Social/Emotional Screening	The American Academy of Pediatrics (AAP) recommends an annual assessment from newborn to 21 years old.		
Bilirubin concentration	Screening for newborns		
Blood Pressure	Screening for Children Ages: (0) to (11) months, (1) to (4) years, (5) to (10) years, (11) to (14) years, (15) to (17) years.		
Blood screening	Screening for newborns		
Cervical Dysplasia	Screening for sexually active females.		
Depression and Suicide Risk in Children and Adolescents: Screening	The American Academy of Pediatrics (AAP) and the USPSTF recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 21 years.		
Developmental Screening and Surveillance	Screening for children under age (3), and surveillance throughout childhood.		
Dyslipidemia	Screening for all children once between 9 and 11 years and once between 17 and 21 years, and for children at higher risk of lipid disorders ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years		

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Gonorrhea prophylactic medication: newborns	The USPSTF recommends prophylactic ocular topical medication for all newborns to prevent gonococcal ophthalmia neonatorum.		
Hearing	Screening for hearing loss all newborns infants and for children once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years.		
Height, Weight and Body Mass Index	Measurements for children. Ages: (0) to (11) months, (1) to (4) years, (5) to (10) years, (11) to (14) years, (15) to (17) years.		
Hematocrit or hemoglobin screening	Screening for all children		
Hemoglobinopathies screening: newborns	Screening for sickle cell disease in newborns.		
Hepatitis B Virus Infection screening	The USPSTF and the American Academy of Pediatrics (AAP) recommends screening for hepatitis B virus (HBV) infection in newborns through young adults (21 years of age) at highest risk of infection.		
High Body Mass Index in Children and Adolescents: Interventions: children and adolescents 6 years or older	The USPSTF recommends that clinicians provide or refer children and adolescents 6 years or older with a high body mass index (BMI) (≥95th percentile for age and sex) to comprehensive, intensive behavioral interventions. See the Practice Considerations section for more information about behavioral interventions.		
Hypothyroidism screening: newborns	Screening for congenital hypothyroidism in newborns.		

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Immunization	<p>Vaccines for children from birth to age (18), doses, recommended ages, and recommended populations vary: <b>Diphtheria, Tetanus, Pertussis, Haemophilus influenza type b, Hepatitis A, Hepatitis B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Rotavirus, Varicella.</b> Catch ups must be covered.</p> <p><b>HPV</b> vaccination beginning at age (9) years for children and youth with any history of sexual abuse or assault who have not initiated or complete the (3) doses series (ACIP recommendation).</p> <p><b>COVID-19</b> vaccine as part of preventive immunizations for infants and children aged from 6 months to age 12 years and adolescents from 13 years to 18 years, according to the order established by the Puerto Rico Department of Health and the recommendations of the Advisory Committee on Immunization Practices (ACIP), of the Centers for Disease Control and Prevention (CDC), in accordance with Article 2.050 (C) of the Health Insurance Code of Puerto Rico.</p> <p><b>Dengue</b> vaccine for children from Age 9 to 16 years living in dengue endemic areas AND have laboratory confirmation of previous dengue infection - 3-dose series administered at 0, 6, and 12 months according to the recommendations of the Advisory Committee on Immunization Practices (ACIP) and the Centers for Disease Control and Prevention (CDC).</p> <p><b>Mpox</b> vaccination in adolescents age 18 years based on sexual risk factors for Mpox infection. See CDC recommendations.</p> <p><b>Respiratory syncytial virus</b> vaccination for pregnant youth people in the range age from 11-12 years through 18 years. See CDC recommendations.</p> <p>1 dose of maternal RSV vaccine during weeks 32 through 36 of pregnancy, administered September through January. Abrysvo is the only RSV vaccine recommended during pregnancy. See CDC recommendations.</p> <p><b>Respiratory syncytial virus immunization</b> recommended 1 dose of nirsevimab for all infants aged 8 months and younger born during or entering their first RSV season. 1 dose of nirsevimab for infants and children aged 8–19 months who are at increased risk for severe RSV disease and entering their second RSV season. See CDC recommendations.</p>		

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Lead screening	For children at risk of lead exposure		
Maternal depression	Screening for mothers of infants at 1, 2, 4, and 6-month visits		
Medical History	For all children throughout development Ages: (0) to (21) years.		
Oral Health	Risk assessment for young children. Ages: (0) to (11) months, (1) to (4) years, (5) to (10) years.		
Phenylketonuria (PKU) screening: newborns	Screening for phenylketonuria in newborns.		
Prevention of Dental Caries in Children Younger Than 5 Years: Screening and Interventions: children younger than 5 years	<p>The USPSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride. Also, the American Academy of Pediatrics (AAP) recommends If primary water source is deficient in fluoride, consider oral fluoride supplementation.</p> <p>The USPSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption. Once teeth are present, apply fluoride varnish to all children every 3 to 6 months in the primary care or dental office based on caries risk.</p>		

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Skin Cancer behavioral counseling	The USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons aged 6 months to 24 years with fair skin types to reduce their risk of skin cancer.		
Sudden cardiac arrest and sudden cardiac death	The American Academy of Pediatrics (AAP) recommend assessing risk for sudden cardiac arrest and sudden cardiac death has been added to occur from 11 to 21 years (to account for the range in which the risk assessment can take place) to be consistent with AAP policy ("Sudden Death in the Young: Information for the Primary Care Provider"). Perform a risk assessment, as appropriate		
Tobacco use: children and adolescents	The USPSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents.		
Tobacco, Alcohol or Drug Use	Screening children (11) to (21) years of age.		
Tuberculosis	Testing for children at higher risk of tuberculosis. Ages: (0) to (11) months, (1) to (4) years, (5) to (10) years, (11) to (14) years, (15) to (21) years.		
Vision screening: children	The USPSTF recommends vision screening for all children at least once between the ages of (3) and (5) years, to detect the presence of amblyopia or its risk factors.		

References

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>  
<https://www.hrsa.gov/womens-guidelines/index.html>  
<https://www.womenspreventivehealth.org/recommendations/>  
<https://mchb.hrsa.gov/programs-impact/programs/preventive-guidelines-screenings-women-children-youth>  
[https://downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)  
<https://www.cdc.gov/vaccines/hcp/imz-schedules/downloads/adult/adult-combined-schedule.pdf>  
<https://www.cdc.gov/vaccines/hcp/imz-schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>  
<https://www.fda.gov/consumers/womens-health-topics/birth-control>  
<https://www.fda.gov/media/150299/download>

CERTIFICATION

I \_\_\_\_\_ have reviewed or supervised the preparation of the above checklist and certify that the forms(s) and/or drug formulary is (are) in compliance with all of the applicable requirements of the Essential Health Benefit Benchmark for Puerto Rico<sup>1</sup> and the recommendations of the USPSTF. I also acknowledge responsibility for the validity, accuracy and completeness of the contents of this checklist.

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

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