

**General Amendment to the
City of Peru**

Employee Benefit Plan

Pursuant to the Patient Protection and Affordable Care Act the following enhanced list of preventive services are effective as of January 1, 2020.

The enhanced list includes the addition of the following services:

- Screening and counseling to reduce unhealthy alcohol use.
- Perinatal Depression counseling interventions for pregnant and postpartum persons at risk.

Benefits for the above Plan are therefore amended to include the newly prescribed preventive services as follows:

The following are considered “Preventive Benefits” under the Patient Protection & Affordable Care Act and are covered by the Plan and payable at 100% not subject to the deductible or copays when services are rendered at an in-network provider. However, non-network charges are subject to usual and customary fee limitations. This benefit is in addition to your wellness benefits that are already stated in your Plan. In some cases your wellness benefits could be more generous than the benefits listed below, and in this case the better benefit will be payable.

- Immunizations as required by federal regulation.
- Screening for abdominal aortic aneurysm – one time screening for abdominal aortic aneurysm by ultrasonography age 65-75.
- Screening and counseling to reduce unhealthy alcohol use.
- Aspirin to prevent CVD
- Aspirin to prevent preeclampsia in pregnant women.
- Statin preventive medication for adults ages 40-75 years with no history of cardiovascular disease, 1 or more cardiovascular disease risk factors and a calculated 10 year cardiovascular disease event risk of 10% or greater.
- Latent tuberculosis infection screening for all adults and tuberculosis testing for children at higher risk.
- Screening for bacteriuria- screening with urine culture for pregnant women.
- Screening for high blood pressure.
- Counseling related to BRCA screening.
- Screening for breast cancer (mammography) – for women with or without clinical breast examination (CBE).
- Breast Cancer Chemoprevention Counseling as well as Breast Cancer Testing and Medications for Women with Increased Risk for Breast Cancer

- Breastfeeding comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women. Non-network services for breastfeeding supplies will be payable as network services.
- Screening for cervical cancer.
- Screening for Chlamydia infection.
- Screening for cholesterol abnormalities.
- Screening for colorectal cancer – screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy or colonoscopy in adults.
- Chemoprevention of dental caries – primary care clinicians prescribe oral fluoride supplementation at currently recommended doses to children ages 6 months of age through 16 years of age whose primary water source is deficient in fluoride and fluoride varnish for primary teeth.
- Screening for depression starting at age 12.
- Screening for diabetes – screening for type 2 diabetes.
- Fall prevention for age 65 and older to include physical therapy
- Counseling for healthy diet – intensive behavioral dietary counseling for adult patients with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease. Intensive counseling can be delivered by a primary care clinicians or by referral to other specialists, such as nutritionists or dietitians.
- Supplementation with folic acid – all women planning or capable of pregnancy take a daily supplemental containing 0.4 to 0.8 mg (400 to 800 ug) of folic acid.
- Screening for gonorrhea.
- Prophylactic medication for gonorrhea: newborns – prophylactic ocular topical medication for all newborns against gonococcal ophthalmia neonatorum.
- Screening for hearing loss – screening for hearing loss in all newborn infants and periodically up to age 21.
- Screening for hemoglobinopathies – screening for sickle cell disease in newborns.
- Screening for hepatitis B – screening for hepatitis B virus (HBV) infection Screening for hepatitis C virus (HCV) infection.
- Screening for HIV – screening for human immunodeficiency virus (HIV) all adolescents and adults at increased risk for HIV infection.
- Screening congenital hypothyroidism – screening for congenital hypothyroidism in newborns.
- Screening for iron deficiency anemia – screening for iron deficiency anemia in asymptomatic pregnant women.
- Iron supplementations in children – routine iron supplementation for asymptomatic children age 6 to 12 months.
- Screening for lung cancer performed by low dose computed tomography for individuals age 55 and older with a history of tobacco use.
- Screening and counseling for obesity starting at age 2. Intensive counseling can be delivered by a primary care clinicians or by referral to other specialists, such as nutritionists or dietitians.
- Screening for osteoporosis.

- Screening for PKU – screening for phenylketonuria (PKU) in newborns.
- Screening for Rh for all pregnant women and follow up testing for women at higher risk.
- Behavioral counseling for skin cancer – counseling to minimize exposure to ultraviolet radiation to reduce risk for skin cancer.
- Counseling for STIs – behavioral counseling to prevent sexually transmitted infections (STIs) for all sexually active adolescents and for adults at increased risk for STIs.
- Screening for syphilis.
- Counseling for tobacco use – this benefit provides counseling for tobacco prevention, cessation interventions and tobacco cessation products.
- Counseling for tobacco use: pregnant women – provide augmented, pregnancy-tailored counseling for those who smoke.
- Screening for visual acuity in children – screening to detect amblyopia, strabismus, and defects in visual acuity.
- Screening for gestational diabetes for pregnant women.
- Screening and counseling for interpersonal and domestic violence for women.
- FDA-approved contraception methods and contraceptive counseling for women. Does not include over the counter contraception.
- Routine prenatal office visits.
- Preeclampsia screening pregnant women with blood pressure measurements throughout pregnancy.
- Urinary incontinence screening for women.
- Well-woman visits to get recommended services for women under age 65.
- Autism screening for children at 18 and 24 months.
- Bilirubin concentration screening for newborns.
- Blood screening for newborns.
- Cervical dysplasia screening for sexually active females.
- Developmental screening for children under age 3.
- Height, weight and body mass index (BMI) measurements and behavioral assessments for children.
- Hematocrit or hemoglobin screening.
- Lead screening for children at risk of exposure.
- Medical history and behavioral assessments for all children periodically throughout development ages.
- Oral health risk assessment for children.
- Drug use assessments for adolescents.
- Perinatal Depression counseling interventions for pregnant and postpartum persons at risk.