Guide to Clinical Preventive Services - Children and Adolescents

LifeWise has adopted the United States Preventive Services Task Force (USPSTF) Guide to Clinical Preventive Services. Each of the preventive services included in the guideline is a service that the USPSTF recommends clinicians discuss with eligible patients/parents and offer as a priority. All services listed have received an “A” or “B” grade unless otherwise noted, which means there is a moderate to high certainty that these services have a net benefit that is substantial or moderate.

Immunizations are part of the USPSTF recommendations for Preventive Health Services. LifeWise recommends following the immunization schedule from the Centers for Disease Control and Prevention (CDC) and Advisory Committee on Immunizations Practices (ACIP).

The Institute for Clinic Systems Improvement (ICSI) Health Care Guideline: Preventive Services for Children and Adolescents is another source of LifeWise’s recommendations for child preventive services. ICSI has prioritized preventive services and grouped them based on evidence of effectiveness, health impact and cost-effectiveness. Only Level I and II preventive services are included in the guideline unless otherwise noted.

In addition, LifeWise recommends use of the comprehensive guidelines for infants, children and adolescents supported by Federal Healthcare Reform and Health Resources and Services Administration (HRSA): The Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care, and The Uniform Panel of the Secretary’s Advisory Committee on Heritable Disorders in Newborns and Children.

All USPSTF services rated as A or B are covered in full in accordance with federal healthcare reform or are covered at a reduced out-of-pocket cost for members who are enrolled in grandfathered plans. Please verify benefits by checking our website or calling the LifeWise Customer Service number listed on the back of the patient’s ID card.

This guideline was reviewed and approved by LifeWise’s Clinical Quality Improvement Committee as a resource for providers who treat our members. Although the guidelines reflect national recommendations, they are not a substitute for the clinical judgment of practitioners advising and caring for individual patients. LifeWise reviews and updates practice guidelines at least every two years. The committee’s composition reflects various medical specialists and geographic regions served by LifeWise.
**Recommended Child and Adolescent Preventive Services**
All recommended USPSTF services rated as A or B are covered in full in accordance with federal healthcare reform, or at a reduced out-of-pocket-cost for members who are enrolled in grandfathered plans.

## Recommended Periodic Health Visits

<table>
<thead>
<tr>
<th>Age</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 2 years</td>
<td>2-7 days; 2, 4, 6, 9, 12, 15, 18, and 24 months of age and ACIP immunizations.</td>
</tr>
<tr>
<td>3 to 6 years</td>
<td>1 visit per calendar year and ACIP immunizations.</td>
</tr>
<tr>
<td>7 to 18 years</td>
<td>Every 1-2 years and ACIP immunizations.</td>
</tr>
</tbody>
</table>

## Recommended Screening Exams

### Alcohol and Drug Use
- **Adolescents**: Screen during routine physical exam.

### Cervical Cancer Screening (PAP only)
- **Women younger than 21**: Women younger than 21 years should not be screened, regardless of the age of sexual initiation or the presence of behavior-related risk factors.
- **Women 21 to 29**: Begin screening at age 21 (cytology alone) every 3 years.

### Depression Screening
- **Adolescents**: Screen for major depressive disorder (MDD) in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow up.

### Dental Caries Prevention
- **Infants and children up to age 5 years**: Apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption in primary care practices, recommending primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is fluoride deficient.

### Hearing
- **Newborns**: Screen for hearing loss in all newborn infants.

### Hepatitis B Screening
- **Non-pregnant Adolescents**: Screen for hepatitis B virus infection in persons at high risk for infection.

### HIV Counseling and Screening
- **Non-pregnant Adolescents**: Screen adolescents (and adults) ages 15-65 years. Screen younger adolescents (and older adults) at increased risk for HIV infection.

### Iron Supplementation
- **6 to 12 months**: Routine iron supplementation for asymptomatic children aged 6 to 12 months who are increased risk for iron deficiency anemia.

### Neonatal Screening
- **Newborns**: Newborn metabolic screening performed prior to hospital discharge > 24 hours of age; gonorrhea prophylactic medication; sickle cell, PKU and congenital hypothyroidism screening.

### Obesity Screening
- **2 years & older**: Record height, weight and BMI annually. Screen for obesity, offer or refer to comprehensive, intensive behavioral interventions to improve weight status.

### Scoliosis Screening
- **Adolescents**: Adolescent Idiopathic Scoliosis Screening
Syphilis Screening

| Non-pregnant Adolescents | Screen for syphilis infection in persons who are at increased risk for infection. |

Tobacco Use Screening

| Adolescents | Establish tobacco use and secondhand exposure. |

Visual Impairment Screening

| 6 months to 5 years | Screen all children at least once between ages 3-5 years to detect amblyopia, strabismus and defects in visual acuity. |

Counseling

Helmet Use

| 2 years and older | Wear an approved safety helmet for high-risk activities, such as bicycling, in-line skating, skateboarding, skiing, snowboarding, high-contact sports, and riding a horse, motorcycle, ATV, mini-bike, or snowmobile. |

Infant Sleep Positioning and SIDS

| 0 to 2 years | Place infants on their back to sleep. |

Motor Vehicle Safety

| 0 to 2 years | Car seat when riding in a motor vehicle. Rear facing until 1 year and 20 pounds. |
| 2 years and older | Car seat/booster seat/seat belt when riding in a motor vehicle. |

Obesity Counseling

| 6 years and older | Refer patients to comprehensive or behavioral interventions to promote improved weight status. Counseling covered up to 4 visits per calendar year. |

Tobacco use Prevention

| Children and adolescents | Provide education, brief counseling to prevent initiation of tobacco use in school aged children and adolescents. Offer tobacco cessation on a regular basis. |

Sexually Transmitted Infections

| Adolescents | Intensive behavioral counseling for all sexually active adolescents at increased risk for sexually transmitted infections. |

2017 Recommended Child and Adolescent (0-18 years) Immunization Schedules

Premera recommends that children be immunized following recommendations from the Centers for Disease Control (CDC) and Prevention and the Advisory Committee on Immunization Practices.

Specific vaccinations may be recommended based on the child’s health condition, family lifestyle, travel, or activities. Members are encouraged to consult with their healthcare provider to ensure that their child is receiving vaccinations that offer the best protection.

The schedules linked below are updated annually by the CDC.

Recommended Child and Adolescent (0-18 years) Immunization Schedule (United States, 2017)

Catch-up Immunization Schedule for children age 4 months through 18 years who start late or are more than one month behind. (United States, 2017)

Vaccines that might be indicated for children and adolescents aged 18 years or younger based on medical indications. (United States, 2017)
1. The U.S. Preventive Services Task Force (USPSTF) grades its recommendations based on the strength of evidence and magnitude of net benefit (benefits minus harms).

**Grade A:** The USPSTF recommends the service. There is high certainty that the net benefit is substantial. *Suggestions for practice:* Offer or provide this service.

**Grade B:** The USPSTF recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial. *Suggestions for practice:* Offer or provide this service.

**Grade C:** The USPSTF recommends against routinely providing the service. There may be considerations that support providing the service in an individual patient. There is at least moderate certainty that the net benefit is small. *Suggestions for practice:* Offer or provide this service only if other considerations support the offering or providing the service in an individual patient.

**Grade D:** The USPSTF recommends against the service. There is moderate or high certainty that the Service has no net benefit or that the harms outweigh the benefits. *Suggestions for practice:* Discourage the use of this service.

**Grade I:** The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of the service. Evidence is lacking, of poor quality, or conflicting, and the balance of benefits and harms cannot be determined. *Suggestions for practice:* Read the clinical considerations section of USPSTF Recommendation Statement. If the service is offered, patients should understand the uncertainty about the balance of benefits and harms.

2. The Institute for Clinical Systems Improvement (ICSI) *Health Care Guideline: Preventive Services for Children and Adolescents* represents a synthesis of recommendations from other ICSI guidelines, Primary evidence through literature reviews, recommendations for other organizations (particularly the U.S. Preventive Services Task Force) and work group consensus. ICSI guidelines are reviewed regularly and revised as warranted. During revision, a literature search of clinical trials, meta-analysis and systematic reviews is performed.

3. Due to the large number of clinical preventive services, and because there are often insufficient time and resources to address them all, the ICSI work group has prioritized them. The preventive services are ranked and grouped based on evidence of effectiveness, health impact and cost-effectiveness, as follows:

**Level I:** Preventive Services that providers and care systems must deliver (based on evidence). These are worthy of attention at every visit.

**Level II:** Preventive Services that providers and care systems should deliver (based on evidence). These have been shown to be effective and should be provided whenever possible.

**Level III:** Preventive Services for which the evidence is currently incomplete. These services should be left to the judgment of individual medical groups, clinicians and their patients.

**Level IV:** Screening maneuvers that are not supported by evidence. These are of low predictive value and/or uncertain benefit.

4. Recommended by the American Academy of Pediatrics (AAP).

5. Rated **Grade I** by the U.S. Preventive Services Task Force (USPSTF) but has a **Level II** rating from Institute for Clinical Systems Improvement (ICSI).
Discrimination is Against the Law

LifeWise Health Plan of Washington complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

LifeWise:
- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Coordinator - Complaints and Appeals
PO Box 91122, Seattle, WA 98111
Toll free 855-332-6386, Fax 425-918-5592, TTY 800-842-5357
Email AppealsDepartment@LifeWiseHealth.com

You can file a grievance in person or by mail, fax, or email. If you need help filling a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW, Room 509F, HHI Building

Getting Help in Other Languages

This Notice has Important Information. This notice may have important information about your application or coverage through LifeWise Health Plan of Washington. There may be key dates in this notice. You may need to take action by certain dates to keep your health care coverage or help with costs. You have the right to get this information and help in your language at no cost. Call 800-592-6804 (TTY: 800-842-5357).

Arabic (Arabic):

العربية (عربية):

هناك بحث عن هذه المادة في إعلان LifeWise Health Plan of Washington. كيف يمكنني أن أعطيك معلومات مهمة عن مرض قاتل؟ لا يمكنني أن أعطيك معلومات مهمة عن مرض قاتل. لا يمكنني أن أعطيك معلومات مهمة عن مرض قاتل.

Chinese (Chinese):

不通知有重要的信息。本通知可能有关您通过 LifeWise Health Plan of Washington 提交的申请或放弃的重要信息。本通知可能有关您重要的日期。您可能需要在截止日期之前采取行动，以便保留您的健康保险或帮助支付。您有权免费使用您的语言，以达到本通知和帮助。请拨打 800-592-6804 (TTY: 800-842-5357)。
Discrimination is Against the Law

LifeWise Health Plan of Oregon complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

LifeWise:
- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Coordinator - Complaints and Appeals
PO Box 91102, Seattle, WA 98111
Tel free 855-332-6368, Fax 425-918-5992, TTY 800-842-5357
Email AppealsDepartmentquires@LifeWiseHealth.com

You can file a grievance in person or by mail, fax, or email. If you need help filling a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services
200 Independence Avenue SW, Room 5057, HHH Building

Getting Help in Other Languages

This Notice has Important Information. This Notice may have important information about your application or coverage through LifeWise Health Plan of Oregon. There may be key dates in this Notice. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost. Call 800-596-3440 (TTY: 800-842-5357).

阿拉伯语 (Arabic):
الامياء أو تقديم الخدمات المالية لتمكين هذه الاذاعات أو تقديم معلومات محددة لتمكين LifeWise Health Plan of Oregon

中文 (Chinese):
本通知有重要的訊息。本通知可能會有關於您透過 LifeWise Health Plan of Oregon 提交的申請或保險的重要訊息。本通知內可能有重要日期。您可能需要在截止日期之前採取行動，以保持您的健康保障或費用補貼。如有權威機構的公告或多數文章譯註本訊息和幫助。接聽電話 800-596-3440 (TTY: 800-842-5357).

Oromo (Cushite):

Français (French):

Kreyòl ayisyen (Creole):

Deutsche (German):

Hmoob (Hmong):
Tsaab tawb tshao xoa no muaj cim ntsib lus tsem ceeb. Tjo jaum tsaab tawb tsib xoa no muaj cim ntsib lus tsem ceeb tshao koj daim ntsab thoj kev kow luo yaj daj koj kev kow luo cuam luo ntsab LifeWise Health Plan of Oregon. Tjo jaum muaj cim ntsab tsem ceeb lus saa rau hauv daim ntsab tso. Tjo jaum koj koo yewt tao yauq yewt sa yam yewt koo koj koj tsaab daj hauv tsaab ntsab no kev yew saa tsab tsaab koj koj kev tsaab hauv tsaab no kev yew. Koo koj kasam hauv tsaab no kev yewt saa tsoa tsoa tsoa tsab tsaab koj koj kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a koj koj hauv tsaab no kev yewt saa tso a.

Illoko (Ilocano):
Daytoy a Pakdaa ket naglaon ti Nanapat nga Impomasion. Daytoy a pakdaa mabalin nga adaa ket naglaon ti Nanapat nga impomasion mapanggep ang ikaplanan wearing coverage babaan ti LifeWise Health Plan of Oregon. Daytoy a mabalin dagI impomasion a peta ti daytoy a pakdaa. Mabalin nga adaa rumbeng nga aramiding nga addang sakbay dagIt partikular a natiugng nga addang flano mapapagalingaday bi coverage ha samatayo weneño tulang kadagatang gastos. Adda kaambinga a ilongka bi daytoy nga impomasion ken tulang bi bulong a pagsasao nga awan ti basdayong. Tumawag ito numero nga 800-596-3440 (TTY: 802-842-5357).

Italiano (Italian):