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January is Cervical Cancer Prevention Month.

Dear Patty:

Q: Are Pap Tests and Pelvic exams covered under our health insurance plan?

A: Yes, it is a preventive service subject to age and risk criteria. The test is covered at \$0 member cost share when performed by an in network primary care doctor or a gynecologist.

Note: Please make sure all specimens are sent to Quest Diagnostics, the preferred in network lab.

Q: How often may I have one?

- A: The recommendations by the U.S. Preventive Services Task Force (USPSTF) are:
 - Women age 21-29 should have a Pap Test every 3 years.
 - Women age 30-65 should have a Pap Test alone every 3 years or combined with HPV testing every 5 years.
 - Women ages 65+ should discuss with their doctor.

Please click here to read more about the USPSTF's recommendations.



Q: Is the HPV (Human Papillomavirus) vaccine covered under our health insurance plan?

A: Yes, it is a preventive service. The CDC recommends the HPV vaccine 3 dose series for men and women ages 19 through 26 years, if not previously vaccinated prior to age 13.

Q: Is there a cost for this vaccine?

A: There is a \$0 member cost share for this vaccine as long as you use an in network provider.

Q: At what age is the vaccine available for children?

A: The CDC recommends all boys and girls get two doses of the HPV vaccine, 6-12 months apart at ages 11 or 12. If shots are given less than 5 months apart, a 3rd dose is needed. If started after 15th birthday, then 3 doses of the HPV vaccine should be given over 6 months.

Q: Is there a cost for this vaccine?

A: There is a \$0 member cost share for this vaccine as long as you use an in network provider.