

REMINDER: Well-Woman Preventive and Family Planning Services

Dear Provider,

Health Choice Arizona is committed to providing members with access to quality, medically necessary, and appropriate services. The purpose of this notice is to remind you of the coverage for an annual well-woman preventive care visit for women wishing to obtain the recommended preventive services, including preconception counseling.

Frequency:

- Annual physical exam (well exam) that assesses overall health,
- Clinical breast and pelvic exams (according to current best practice recommendations),
- Regular review and administration of immunizations, screenings, and testing as appropriate for age and risk factors

Screening and counseling as part of the well-woman preventive care visit to include:

- Proper nutrition, physical activity, and elevated BMI indicative of obesity,
- Tobacco/substance use, abuse, and/or dependency,
- Interpersonal and domestic violence screening,
- Depression screening and mental wellbeing,
- Sexually transmitted infections including Human Immunodeficiency Virus (HIV),
- Family planning counseling
 - As a reminder, Long Acting Reversible Contraceptive (LARC) services are reimbursed through regular claims processes.
- Preconception counseling that includes discussion regarding a healthy lifestyle before and between pregnancies:
 - Reproductive history and sexual practices,
 - Healthy weight, including diet and nutrition, as well as the use of nutritional supplements and folic acid intake,
 - Physical activity or exercise,
 - Oral health care,
 - Chronic disease management,
 - Emotional wellness,
 - Tobacco and substance use (opioids, alcohol, marijuana and prescription drugs),
 - Recommended intervals between pregnancies.
 - *NOTE: Preconception counseling does not include genetic testing*

Thank you for your continued commitment to serving our members and ensuring the provision of quality care and services. If you have any questions, please reach out to your Network Service Provider Performance Representative.

