

NOTICE: Well- Woman Preventive and Family Planning Services

June 20, 2022

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, counseling, and treatment for positive results 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
 - Information on family planning options, including Long-Acting Reversible Contraceptives (LARC) and Immediate Long-Acting Reversible Contraceptives (IPLARC) services which are reimbursed through regular claims processes.
- Preconception counseling and treatment 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-of-care health services which promote health equity. If you have any questions, please reach out to your Network Service Provider Performance Representative.

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