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- Plan specific [Evidence of Coverage Documents](#)
- The Official U.S. Government Site for Medicare [Preventive & Screening Services](#)

For Priority Partners (PPMCO) refer to: [Code of Maryland Regulations](#)

- Maryland Department of Health and Mental Hygiene (MDH) [Maryland Healthy Kids Program](#)
- Code of Maryland Regulations (COMAR) 10.67.06.24 [Diabetes Prevention and Care Services](#)
- Code of Maryland Regulations (COMAR) 10.67.03.10 [Special Needs Population](#)
- Code of Maryland Regulations (COMAR) 10.67.06.20 [Benefits — EPSDT Services](#)
- Priority Partners [Member Handbook](#)

For US Family Health Plan (USFHP) refer to: [TRICARE Policy Manual](#)

- TRICARE Policy Manual 6010.63-M. (April 1, 2021). Chapter 7, Section 2.2. Clinical Preventive Services- TRICARE Prime and TRICARE Select
- TRICARE Policy Manual 6010.63-M. (April 1, 2021). Chapter 7, Section 2.5. Well-Child Care

IV. POLICY CRITERIA

- Johns Hopkins Health Plans(JHHP) seeks to enrich clinical care and administrative services in every area of the health care delivery system. Preventive Health Guidelines support the providers in screening for chronic disease and providing preventive care.
- Preventive Health Guidelines are utilized by JHHP Care Management in the development of health education curriculum for Plan members.
- All JHHP guidelines are based on national medical association and health organization recommendations, approved by the medical policy-making committee, and reviewed annually.

PREVENTIVE HEALTH GUIDELINES

Guidelines for Infants, Toddlers & Children (Ages 0-11 years old)


- American Academy of Pediatrics, Bright Futures. [Recommendations for Preventive Pediatric Health Care](#)
- Centers for Disease Control. [Recommended Child and Adolescent Immunizations for Ages 18 Years or Younger](#)
- U.S. Preventive Services (USPSTF). [Pediatric Grade A & B Preventive & Counseling Recommendations](#)

Guidelines for Adolescents (Ages 12-19 years old)

- American Academy of Pediatrics, Bright Futures. [Recommendations for Preventive Pediatric Health Care](#)
- Centers for Disease Control. [Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger](#)
- Centers for Disease Control. [Recommended Adult Immunizations for Ages 19 Years or Older](#)
- U.S. Preventive Services (USPSTF). [Adolescent Grade A & B Preventive & Counseling Recommendations](#)

Guidelines for Adults (Ages 20-64 years old)

- American Academy of Pediatrics, Bright Futures. [Recommendations for Preventive Pediatric Health Care \(Ages 0-21\)](#)
- Centers for Disease Control. [Recommended Adult Immunization Schedule for Ages 19 Years or Older](#)
- U.S. Preventive Services Task Force (USPSTF). [Adult Grade A & B Preventive & Counseling Recommendations](#)

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- U.S. Preventive Services Task Force (USPSTF). [Aspirin Use to Prevent Cardiovascular Disease Recommendation Statement](#)

Guidelines for Older Adults (Ages 65 years and older)

- Centers for Disease Control. [Recommended Adult Immunizations for Ages 19 Years or Older](#)
- U.S. Preventive Services Task Force (USPSTF). [Senior Grade A & B Preventive Screening & Counseling Recommendations](#)

Guidelines & Resources for Special Needs Populations

- Centers for Disease Control and Prevention (CDC). [Disability and Health Information for Health Care Providers](#)
- Centers for Disease Control and Prevention (CDC). [Sexually Transmitted Infections Treatment Guidelines](#)
- Eunice Kennedy Shriver Center, University of Massachusetts Medical School. [Preventive Health Screenings for Adults with Intellectual Disabilities](#)
- National Health Care for the Homeless Council (NHCHC). [Clinical Practice - Diseases](#)
- U.S. Preventive Services Task Force (USPSTF). [Preventive Screening & Counseling Recommendations in Pregnancy](#)
- U.S. Preventive Services Task Force (USPSTF). [Preventive Screening & Counseling for HIV](#)
- U.S. Preventive Services Task Force (USPSTF). [Preventive Screening & Counseling for Autism Spectrum Disorder](#)
- U.S. Preventive Services Task Force (USPSTF). [Preventive Screening & Counseling for Speech and Language Delay](#)

Condition Specific Federal and National Association Guidelines & Resources


- American Cancer Society (ACS). [Prevention and Early Detection Guidelines](#)
- American College of Cardiology (ACC). [Guideline Primary Prevention of Cardiovascular Disease](#)
- American College of Obstetricians and Gynecologists. (ACOG). [Women's Preventive Services Initiative](#)
- Centers for Disease Control and Prevention (CDC). [COVID-19 Prevention Guidelines](#)
- National Comprehensive Cancer Network (NCCN). [Detection, Prevention, and Risk Reduction](#)

Individual and Community Preventive Guidelines

- American Academy of Pediatric Dentistry (AAPD). [Periodicity of Examination, Preventive Dental Services, Anticipatory Guidance/Counseling, and Oral Treatment for Infants, Children, and Adolescents](#)
- American Dental Association (ADA). [General Recommendations for the Prevention of Caries and Gingivitis](#)
- Centers for Disease Control and Prevention (CDC). [Guide to Community Preventive Services \(The Community Guide\)](#)
- Department of Agriculture (USDA)/ Department of Health and Human Services (HHS). [2020-2025 Dietary Guidelines for Americans](#)
- U.S. Department of Health & Human Services (HHS) Office of Disease Prevention and Health Promotion (ODPHP). [Physical Activity Guidelines for Americans](#)
- U.S. Department of Health & Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA). [Prevention of Substance Use and Mental Disorders](#)
- U.S. Preventive Services Task Force (USPSTF). [Preventive Health Screening and Counseling Recommendations](#)

V. DEFINITIONS

Preventive Health: Disease prevention and health promotion are the focus of preventive health. Preventive activities are categorized into three tiers:

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- **Primary Prevention:** Involves action to intervene before health effects occur, including vaccinations, altering risky behaviors (poor eating habits, tobacco use), and banning substances known to be associated with a disease or health condition.
- **Secondary Prevention:** Includes screenings to identify diseases in the earliest stages, before the onset of signs and symptoms, through measures such as mammography and regular blood pressure testing.
- **Tertiary Prevention:** The management of disease post-diagnosis to slow or stop disease progression through interventions and measures including chemotherapy, rehabilitation, and screening for complications (CDC, 2017).


Preventive Health Guideline: Guideline with an aim of improving health through evidence-based recommendations about clinical preventive services including screenings, behavioral counseling, preventive medications (AHRQ, 2018).

VI. BACKGROUND

Preventive health guidelines are evidence-based recommendations about clinical preventive services and health promotion. Preventive care includes health services like screenings, check-ups, and patient behavioral counseling, and preventive medications that are used to prevent disease, illnesses, and other health problems, or to detect illness at an early stage when treatment is likely to be more effective (CDC, 2019). The U.S. Preventive Services Task Force (USPSTF), an independent panel of 16 volunteer experts in primary care and preventive medicine, publishes evidence-based recommendations for multiple clinical preventive services based upon systematic reviews, each of which is graded based on the strength of the evidence and the balance of benefits and harms of the preventive service. Recommendations cover more than 80 preventive service topics for people across the lifespan, from vision screening in young children, to heart disease prevention in adults, to colorectal cancer screening in older adults (USPSTF, 2018). USPSTF aims to address the needs of diverse populations in its recommendations. During studies for clinical preventive services, biological sex and gender identity are sources that are often not addressed. This presents a challenge to USPSTF when evaluating the evidence and proposing guidelines specific to gender identity categories (man/woman/gender nonbinary/gender nonconforming/transgender). USPSTF has initiated new approaches in its development process to ensure specific, inclusive, and clear language addressing diverse populations is incorporated into its recommendations (Caughey, et al., 2021).

Prevention and early detection guidelines from national medical organizations and societies include the American Cancer Society's (ACS) Diet and Physical Activity Guideline, providing important recommendations on modifiable determinants of cancer risk. The ACS also publishes cancer specific screening guidelines for breast, colorectal, lung, prostate and other prevalent cancers (ACS, 2021). The American College of Cardiology (ACC) and American Heart Association (AHA) produce prevention guidelines on cardiovascular disease emphasizing promotion of a healthy lifestyle as a key factor in the prevention of atherosclerotic cardiovascular disease, heart failure, and atrial fibrillation (ACC,2019). Prevention Population specific guidelines are available for women from the American College of Obstetricians and Gynecologists (ACOG) through the Women's Preventive Services Initiative (WPSI) a cooperative agreement with the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Preventive and health promotion recommendations are provided for well-women visits, breastfeeding, contraception, screenings for gestational diabetes and other health issues impacting women (ACOG, 2021). Bright Futures, a national health promotion and prevention initiative is led by the American Academy of Pediatrics (AAP) in cooperation with the U.S. Department of Health and Human Services (HHS). These guidelines provide theory-based and evidence-driven guidance for all preventive care screenings and well-child visits from infants to adolescents (AAP, 2021).

Prevention extends beyond clinical practice and local, state, and federal programs exist to promote environmental health and protect the population from exposures to hazards known to be related to disease. At the local level, actions taken by local governments for the benefit of a community may include zoning laws that provide incentives for the creation of bike paths or that reduce the number or density of liquor stores. State-level health promotion includes regulations and inspections of swimming pools, food service businesses, and other locations to help prevent illness and disease throughout the state.

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State-sponsored efforts also support health screening programs, anti-smoking campaigns, and health education and assist in implementation of federal programs such as the CDC's Childhood Lead Poisoning Prevention Program and the CDC's National Heart Disease and Stroke Prevention Program. National prevention initiatives, regulations, and policies to reduce both the presence of and exposure to harmful substances in the environment include the Clean Air Act, the Clean Water Act, the National Tobacco Control Program, and the National Asthma Control Program (CDC, 2017). The CDC's Guide to Community Preventive Services (The Community Guide) is a collection of evidence-based findings of the Community Preventive Services Task Force (CPSTF), a group of experts established by the U.S. Centers for Disease Control and Prevention (CDC) in 1996 to help decision makers select interventions that improve health and prevent disease. The Community Guide is a population-targeted complement to the USPTF and includes evidence-based recommendations across 21 topic areas. The Guide has been the basis for child safety seat laws, smoke-free policies, and for the Department of Transportation's 2001 Appropriations Act, which required states to implement 0.08 blood alcohol content laws.

VII. REFERENCE STATEMENT

Analyses of the scientific and clinical references cited below were conducted and utilized by the Johns Hopkins Health Plans (JHHP) Medical Policy Team during the development and implementation of this medical policy. The Medical Policy Team will continue to monitor and review any newly published clinical evidence and revise the policy and adjust the references below accordingly if deemed necessary.

VIII. REFERENCES

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Note: Additional references are embedded in the above policy criteria.

IX. APPROVALS

Historical Effective Dates: 9/6/2013, 9/5/2014, 6/5/2015, 6/3/2016, 6/2/2017, 10/1/2018, 2/3/2020, 05/03/2021, 08/01/2022, 11/01/2023.