

2013 HEP Preventive Care Requirements

Preventive Service	Birth – age 5	Age 6 - 17	Age 18 – 24	Age 25 – 29	Age 30 – 39	Age 40 – 49	Age 50+
Preventive Visit SEBAC	Once per year	Once every other year	Every 3 years	Every 3 years	Every 3 years	Every 2 years	Every year
Vision Exam SEBAC	N/A	Every 2 years	Every 2 years	Every 2 years	Every 2 years	Every 2 years	Every 2 years
Dental Cleanings SEBAC	N/A	At Least 1 every year	At Least 1 every year	At Least 1 every year	At Least 1 every year	At Least 1 every year	At Least 1 every year
Cholesterol Screening SEBAC	N/A	N/A	Every 5 years starting at 20	Every 5 years	Every 3 years	Every 2 years	Every year
Breast Cancer Screening (Mammogram) SEBAC	N/A	N/A	N/A	N/A	One screening between the ages of 35 and 39. Otherwise as recommended by physician	As recommended by physician	As recommended by physician
Clinical Breast Exam SEBAC	N/A	N/A	Every 3 years	Every 3 years	Every 3 years	Every 3 years	Every 3 years
Cervical Cancer Screening (Pap Smear) SEBAC	N/A	N/A	Every 3 years starting at age 21	Every 3 years	Every 3 years	Every 3 years	Every 3 years
Colorectal Cancer Screening SEBAC	N/A	N/A	N/A	N/A	N/A	N/A	Annual FIT/FOBT or Colonoscopy every 10 years

These requirements meet compliance with the HEP Preventive Program as outlined in the SEBAC agreement and have not changed from 2012.

As is currently the case under the State Health plan, any medical decisions will continue to be made by you and your physician