

# Enhanced Wellness Benefit

Arkansas State and Public School Employees and Retirees without Medicare have an Enhanced Wellness Benefit that offers members 100% coverage for many preventive services. There is no deductible, copayment or coinsurance required for the items on the chart below, if billed as wellness, and not due to illness or a specific condition. These services are only covered 100% if seen by in-network providers. More on this benefit, and all benefit information, is available at the Employee Benefits Division web site at [www.arbenefits.org](http://www.arbenefits.org).

<b>Wellness Benefits</b>		
<i>New Baby / Well Baby</i>		
Initial and periodic newborn care	Under 1 year	
<i>Preventive Care Services – Child (under age 18)</i>		
-Preventive visits	Birth to age 1	6 visits
	Age 1 to 2	3 visits
	Age 3 to 4	1 visit annually
	Age 5 to 11	1 visit annually
	Age 12 to 17	1 visit annually
Lead level	9 months to 24 months	
Vision screening	3-6, 8, 10, 12, & 15 mos	
Hearing screening	4-6, 8, 10, 12, and 15 mos	
<i>Immunizations –</i>		
All childhood mandated services	Under age 18	
Rotavirus	2 months to 2 yr 8 mos	
Human papilloma virus (HPV) 3-dose series	Age 9 – 26	1 series per lifetime, only given through age 26
Influenza	Ages 6 months and older	Annually
Diphtheria and tetanus toxoid	Ages over 7	Every 10 years
Diphtheria	Adult	Every 10 years
Hepatitis A or B (Hep B)	Adult	Once per lifetime
Menactra Vaccine	Ages 11-27	
Pneumococcal conjugate	Adult or immunosuppressed, children age 2 or older	
Zostavax Vaccine (shingles)	Adults age 60 and over	
<i>Preventive Care Services – Adult (age 18 and over)</i>		
Annual physical office visit	Age 18+	Annual
Annual Gynecological visit	Age 18+	Annual
Screening mammogram – unilateral or digital		Annually
Pap smear	Age 18+	Annually
Prostate Specific Antigen (PSA)	Age 40+	Annually
Colorectal cancer screening – Fecal occult blood test and 1 of the following -Flexible sigmoidoscopy -Colonoscopy -Double contrast barium enema	Beginning at age 50  Every 5 years Once every 10 years Once every 5 years	
Cholesterol and HDL	Males age 35+ Females age 45+	Once every 5 years