

Self-Funded Minimum Essential Coverage Preventative Services (MEC)

Minimum Essential Coverage Benefits:	MEC Plan	
	Network	Non-network
15 Preventive Services for Adults:	100%	40%
23 Preventive Services for Women:	100%	40%
26 Covered Preventive Services for Children:	100%	40%

15 Covered Services for Adults

(ages 18 and older)

- 1. Abdominal Aortic Aneurysm** one time screening for age 65-75
- 2. Alcohol Misuse** screening and counseling
- 3. Aspirin** use for men ages 45-79 and women ages 55-79 to prevent CVD when prescribed by a physician
- 4. Blood Pressure** screening for all adults
- 5. Cholesterol** screening for adults
- 6. Colorectal Cancer** screening for adults starting at age 50 limited to one every 5 years
- 7. Depression** screening for adults
- 8. Type 2 Diabetes** screening for adults
- 9. Diet** counseling for adults
- 10. HIV** screening for adults
- 11. Immunizations** vaccines for adults (Hepatitis A & B, Herpes Zoster, Human Papillomavirus, Influenza (flu shot), Measles, Mumps Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis)
- 12. Obesity** screening and counseling for all adults
- 13. Sexually Transmitted Infection (STI)** prevention counseling for adults
- 14. Tobacco Use** screening for all adults and cessation interventions
- 15. Syphilis** screening for all adults

23 Covered Services for Women

(including Pregnant Women)

- 1. Anemia** screening on a routine basis for pregnant women
- 2. Bacteriuria** urinary tract or other infection screening for pregnant women
- 3. BRCA** counseling and genetic testing for women at higher risk
- 4. Breast Cancer Mammography** screenings every year for women age 40 and over
- 5. Breast Cancer Chemoprevention** counseling for women
- 6. Breastfeeding** comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women. Non-network services will be payable as network services
- 7. Cervical Cancer** screening
- 8. Chlamydia Infection** screening
- 9. Contraception:** Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs
- 10. Domestic and interpersonal violence** screening and counseling for all women
- 11. Folic Acid** supplements for women who may become pregnant when prescribed by a physician

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12. **Gestational diabetes** screening
13. **Gonorrhea** screening for all women
14. **Hepatitis B** screening for pregnant women
15. **Human Immunodeficiency Virus (HIV)** screening and counseling
16. **Human Papillomavirus (HPV) DNA Test:** HPV DNA testing every three years for women with normal cytology results who are 30 or older
17. **Osteoporosis** screening over age 60
18. **Routine prenatal visits** for pregnant women
19. **Rh Incompatibility** screening for all pregnant women and follow-up testing
20. **Tobacco Use** screening and interventions for all women, and expanded counseling for pregnant tobacco users
21. **Sexually Transmitted Infections (STI)** counseling
22. **Syphilis** screening
23. **Well-woman visits** to obtain recommended preventive services

NOTES

Minimum Essential Coverage (MEC): MEC plans must cover 100% of the coverage requirements outlined by ERISA and ACA. Generally these are preventative and wellness related test and treatments.

Employers that have >50 employees can prevent the \$2,000 penalty on all benefit eligible employees by offering a MEC plan.

An individual enrolled in a MEC plan can avoid the personal tax assessed for not being enrolled in qualifying coverage by being enrolled in such a plan.

An employer can charge any amount they choose to an employee for MEC (not subject to the 9.5% limitation).

Participation Requirement is 10 enrolled on MEC.

26 Covered Services for Children

1. **Alcohol and Drug Use** assessments
2. **Autism** screening for children limited to two screenings up to 24 months
3. **Behavioral** assessments for children limited to 5 assessments up to age 17
4. **Blood Pressure** screening
5. **Cervical Dysplasia** screening
6. **Congenital Hypothyroidism** screening for newborns
7. **Depression** screening for adolescents age 12 and older
8. **Developmental** screening for children under age 3, and surveillance throughout childhood
9. **Dyslipidemia** screening for children
10. **Fluoride Chemoprevention** supplements for children without fluoride in their water source when prescribed by a physician water source when prescribed by a physician
11. **Gonorrhea** preventive medication for the eyes of all newborns
12. **Hearing** screening for all newborns
13. **Height, Weight and Body Mass Index measurements** for children
14. **Hematocrit or Hemoglobin** screening for children
15. **Hemoglobinopathies** or sickle cell screening for newborns
16. **HIV** screening for adolescents
17. **Immunization** vaccines for children from birth to age 18 -doses, recommended ages, and recommended populations vary: Diphtheria, Tetanus, Pertussis, Hepatitis A & B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Rotavirus, Varicells
18. **Iron** supplements for children up to 12 months when prescribed by a physician
19. **Lead** screening for children
20. **Medical History** for all children throughout development Ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
21. **Obesity** screening and counseling
22. **Oral Health** risk assessment for young children up to age 10
23. **Phenylketonuria (PKU)** screening in newborns
24. **Sexually Transmitted Infection (STI)** prevention counseling and screening for adolescents
25. **Tuberculin** testing for children
26. **Vision** screening for all children under the age of 5