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Updated U.S. Preventive Services Task Force List

WHAT IS THE U.S. PREVENTIVE SERVICES TASK FORCE?

The U.S. Preventive Services Task Force (USPSTF) is an independent group of national experts in prevention and evidence-based medicine that makes recommendations about clinical preventive services such as screenings, counseling services, or preventive medications.

WHY ARE THESE UPDATES IMPORTANT?

The USPSTF A and B recommendations list of preventive services is one of the sources used to define preventive services under the ACA. Non-grandfathered group health plans (self-funded and fully insured) are required to cover certain designated preventive services with no cost sharing when the services are rendered by an in-network provider.

WHAT NEW TOPICS ARE ADDED TO THE TASK FORCE'S RECOMMENDATION LIST?

The topics and descriptions below are taken directly from the USPSTF Recommendations list.

1. [Falls prevention in older adults: exercise or physical therapy](#): The USPSTF recommends exercise or physical therapy and vitamin D supplement to prevent falls in community-dwelling adults aged 65 years or older who are at increased risk for falls. (Release date: May 2012)
2. [Falls prevention in older adults: vitamin D](#): The USPSTF recommends vitamin D supplementation to prevent falls in community-dwelling adults age 65 years and older who are at increased risk for falls. (Release date: May 2012)
3. [Hepatitis C virus infection screening](#): The USPSTF recommends screening for hepatitis C virus (HCV) infection in persons at high risk for infection, and offering one-time screening for HCV infection to adults born between 1945 and 1965. (Release date: June 2013)
4. [Intimate partner violence screening](#): The USPSTF recommends that clinicians screen women of childbearing age for intimate partner violence (IPV) and provide intervention or referral information to women who screen positive. This recommendation applies to women who do not have signs or symptoms of abuse. (Release date: January 2013)
5. [Skin cancer behavioral counseling](#): The USPSTF recommends counseling children, adolescents, and young adults, aged 10 to 24 years and who have fair skin, about minimizing their exposure to ultraviolet radiation to reduce risk for skin cancer. (Release date: May 2012)

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WHAT CURRENT TOPICS HAVE UPDATED DEFINITIONS?

The topics and descriptions below are taken directly from the USPSTF Recommendations list.

1. [Alcohol misuse: screening and counseling](#): The USPSTF recommends that clinicians screen adults age 18 years or older for alcohol misuse and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse. (Release date: May 2013)
2. [Cervical cancer screening](#): The USPSTF recommends screening for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years. For women ages 30 to 65 years who want to lengthen the screening interval, the Task Force recommends screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years. (Release date: March 2012)
3. [Gonorrhea prophylactic medication: newborns](#): The USPSTF recommends prophylactic ocular topical medication for all newborns for the prevention of gonococcal ophthalmia neonatorum. (Release date: July 2011)
4. [HIV screening](#): The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults ages 15 to 65 years, and younger adolescents and older adults who are at increased risk. (Release date: April 2013)
5. [HIV screening: pregnant women](#): The USPSTF recommends that clinicians screen all pregnant women for HIV, including women who present in labor and are untested and whose HIV status is unknown. (Release date: April 2013)
6. [Obesity screening and counseling: adults](#): The USPSTF recommends screening all adults for obesity. Clinicians should offer or refer patients with a body mass index (BMI) of 30 or higher to intensive, multicomponent behavioral interventions. (Release date: June 2012)
7. [Osteoporosis screening: women](#): The USPSTF recommends screening for osteoporosis in women age 65 years and older, and in younger women whose fracture risk is equal to or greater than that of a 65-year-old white woman who has no additional risk factors. (Release date: January 2012)
8. [Visual acuity screening in children](#): The USPSTF recommends vision screening for all children at least once between the ages of 3 and 5 years to detect the presence of amblyopia or its risk factors. (Release date: January 2011)

For the complete USPSTF A and B Recommendations list, please visit the [USPSTF website](#).

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HOW CAN INDEPENDENCE ADMINISTRATORS HELP?

As new or significantly revised regulations or guidance take effect, we will provide you with information and resources to help you understand how the regulations affect your health plan(s) and what your plan(s) must do to achieve compliance. To learn more about how Independence Administrators can support you in complying with the requirements of the Affordable Care Act or if you have questions about your plan, please contact your Independence Administrators account representative.

Independence Administrators does not provide legal or tax advice. The final determination of whether the Plan Sponsor meets the requirements of the Affordable Care Act must be made by the Plan Sponsor in consultation with the employer's own legal counsel or tax advisor.

