WellMEC is an affordable, innovative healthcare plan that provides preventive care, vaccinations and wellness services, paid at 100%. Additionally, WellMEC is compliant with the minimum essential coverage requirements of the Affordable Care Act.

**Employers**

Avoid the $2,000/employee IRS penalty and satisfy the Employer Mandate by offering the WellMEC plan.

In addition, WellMEC will issue form 1095 to all employees of the business.

No Deductibles | No Co-payments
All Pre-Existing Conditions Covered
Guaranteed Acceptance through Age 64

*The MEC plan provides 100% coverage for preventive and wellness only. THIS IS NOT COMPREHENSIVE MAJOR MEDICAL INSURANCE and therefore is not intended to replace ACA compliant major medical plans. ADDITIONAL MAJOR MEDICAL PLANS AVAILABLE.*
### Summary of Preventive Health Services

#### 17 Covered Preventive Services for Adults

1. **Abdominal Aortic Aneurysm one-time screening** for men of specified ages who have ever smoked
2. **Alcohol Misuse screening and counseling**
3. **Aspirin use to prevent cardiovascular disease for men and women of certain ages**
4. **Blood Pressure screening for all adults**
5. **Cholesterol screening** for adults of certain ages or at higher risk
6. **Colorectal Cancer screening for adults over 50**
7. **Depression screening for adults**
8. **Diabetes (Type 2) screening** for adults with high blood pressure
9. **Diet counseling** for adults at higher risk for chronic disease
10. **Hepatitis C screening** for adults at increased risk, and one time for everyone born 1945 – 1965
11. **HIV screening** for everyone ages 15 to 65, and other ages at increased risk
12. **Immunization vaccines** for adults — doses, recommended ages, and recommended populations vary: Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella
13. **Lung cancer screening** for adults 55 - 80 at high risk for lung cancer because they’re heavy smokers or have quit in the past 15 years
14. **Obesity screening and counseling for all adults**
15. **Sexually Transmitted Infection (STI) prevention counseling** for adults at higher risk
16. **Syphilis screening** for all adults at higher risk
17. **Tobacco Use screening** for all adults and cessation interventions for

#### 22 Covered Preventive Services for Women

1. **Anemia screening** on a routine basis for pregnant women
2. **Breast Cancer Genetic Test Counseling (BRCA)** for women at higher risk for breast cancer
3. **Breast Cancer Mammography screenings** every 1 to 2 years for women over 40
4. **Breast Cancer Chemoprevention counseling** for women at higher risk
5. **Breastfeeding comprehensive support and counseling** from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
6. **Cervical Cancer screening** for sexually active women
7. **Chlamydia Infection screening** for younger women and other women at higher risk
8. **Contraception**: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain “religious employers.”
9. **Domestic and interpersonal violence screening and counseling** for all women
10. **Folic Acid supplements** for women who may become pregnant
11. **Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
12. **Gonorrhea screening** for all women at higher risk
13. **Hepatitis B screening** for pregnant women at their first prenatal visit
14. **HIV screening and counseling** for sexually active women
15. **Human Papillomavirus (HPV) DNA Test** every 3 years for women with normal cytology results who are 30 or older
16. **Osteoporosis screening for women over age 60 depending on risk factors**
17. **Rhinovirus screening** for all pregnant women and follow-up testing for women at higher risk
18. **Sexually Transmitted Infections counseling** for sexually active women
19. **Syphilis screening** for all pregnant women or other women at increased risk
20. **Tobacco Use screening and interventions** for all women, and expanded counseling for pregnant tobacco users
21. **Tuberculosis screening** for children at risk of exposure
22. **Well-woman visits** to get recommended services for women under 65

#### 26 Covered Preventive Services for Children

1. **Alcohol and Drug Use assessments for adolescents**
2. **Autism screening** for children at 18 and 24 months
3. **Behavioral assessments for children** at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
4. **Blood Pressure screening** for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
5. **Cervical Dysplasia screening** for sexually active females
6. **Depression screening** for adolescents
7. **Developmental screening** for children under age 3
8. **Dyslipidemia screening** for children at higher risk of lipid disorders at the following ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
9. **Fluoride Chemoprevention supplements** for children without fluoride in their water source
10. **Gonorrhea preventive medication** for the eyes of all newborns
11. **Hearing screening** for all newborns
12. **Height, Weight and Body Mass Index measurements** for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
13. **Hematocrit or Hemoglobin screening** for children
14. **Hemoglobinopathies or sickle cell screening** for newborns
15. **HIV screening** for adolescents at higher risk
16. **Hypothyroidism screening** for newborns
17. **Immunization vaccines** for children from birth to age 18 — doses, recommended ages, and recommended populations vary: Diphtheria, Tetanus, Pertussis, Haemophilus influenzae type b, Hepatitis A, Hepatitis B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Meningococcal, Pneumococcal, Rotavirus, Varicella
18. **Iron supplements** for children ages 6 to 12 months at risk for anemia
19. **Lead screening** for children at risk of exposure
20. **Medical History for all children throughout development** at the following 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 Ages: 0 to 11 months, 1 to 4 years, 5 to 10 years.
23. **Phenylketonuria (PKU) screening** for this genetic disorder in newborns
24. **Sexually Transmitted Infection (STI) prevention counseling and screening** for adolescents at higher risk
25. **Tuberculosis screening** for children at higher risk of tuberculosis at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years.
26. **Vision screening** for all children.

Preventive Services list was provided by HealthCare.gov, www.healthcare.gov/preventive-care-benefits