

Penn State's health plan, PPO Blue, administered by Highmark Blue Shield, includes a specific preventive service schedule that is updated annually to assure all members are receiving the most up-to-date recommendations for health screenings. Highmark closely follows preventive screening schedules for adults that are based on recommendations from the U.S. Preventive Services Task Force, the U.S. Centers for Disease Control and Prevention, and the American College of Obstetricians and Gynecologists. For children, the preventive schedule is based on recommendations from the U.S. Preventive Services Task Force, the American Academy of Pediatrics, the American Academy of Family Physicians, and the U.S. Centers for Disease Control and Prevention.

If you are experiencing symptoms that you are discussing with your doctor, then testing that is prescribed to address those symptoms to more accurately pinpoint your health-related concerns are covered by Penn State's health plan when medically indicated. **If your doctor prescribes tests that may be considered routine (a test that is performed when you are asymptomatic or not experiencing symptoms) then you would be financially responsible for those tests if they are not listed on Highmark's preventive schedule or are performed outside of the normal preventive time schedule.**

For instance, if you are going to your doctor for a routine checkup and the doctor prescribes testing when you are asymptomatic (not experiencing symptoms), we strongly recommend that you talk with your doctor. Discuss Highmark's preventive schedule and determine if/how the prescribed testing is listed on the schedule. If the doctor indicates that it is his/her typical practice to order testing not listed on the preventive schedule, then you should review with your doctor your financial responsibility for the prescribed testing.

The Highmark preventive schedule included with Penn State's benefit plan represents the most current standards for care, based on scientific literature, recommendations issued by national health care organizations and network physician input. The Preventive Schedule can be found at [PPOBlue Preventive Services - Prevention of Obesity & Adult Schedule \(PDF\)](#), [PPOBlue Preventive Services - Child Schedule \(PDF\)](#), and at www.highmarkblueshield.com. Please call Highmark Blue Shield's customer service unit dedicated to Penn State with questions at 1-800-914-4384.