

# Minimum Essential Coverage — MEC



Minimum Essential Coverage (MEC) plan is the minimum offering needed to avoid ACA Penalty A. The plan covers 100% of the Preventive Services as listed by the Centers for Medicare and Medicaid Services (CMS). MEC services are only covered when obtained from a participating (in-network) provider.

Preventive Services	In Network	Out of Network
19 Adult Preventive Services	100%	None
28 Preventive Services for Women	100%	None
27 Preventive Services for Child(ren)	100%	None

# Minimum Essential Coverage – Covered Preventive Services

Self-funded MEC Administered by Administrative Concepts, Inc.

For All Adults	For Women & Pregnancy	For Children
Abdominal Aortic Aneurysm screening	Anemia screening	Alcohol and drug use assessments for adolescents
Alcohol Misuse screening and counseling	Bacteriuria screening	Autism screening at 18 and 24 months
Aspirin use to prevent cardiovascular disease	BRCA risk assessment	Behavioral assessments for all ages
Blood Pressure screening	Breast Cancer preventive medications counseling	Blood Pressure screening for children
Cholesterol screening	Breast cancer screening mammography	Cervical Dysplasia screening
Colorectal Cancer screening	Breastfeeding counseling during pregnancy	Congenital Hypothyroidism screening for newborns
Depression screening	Cervical Cancer screening	Depression screening for adolescents
Diabetes screening	Chlamydia Infection screening	Developmental screening for children under age 3, and surveillance throughout childhood
Falls prevention screening	Folic Acid supplements for women	Dyslipidemia screening for children at higher risk of lipid disorders
Healthy diet and physical activity counseling	Gestational Diabetes mellitus screening	Fluoride Chemoprevention supplements
Hepatitis B screening	Gonorrhea screening	Gonorrhea preventive medication for the eyes of all newborns
Hepatitis C virus infection screening	Hepatitis B screening	Hearing screening for all newborns
HIV screening	Human Immunodeficiency Virus (HIV) screening	Height, Weight, and Body Mass Index measurements
Lung cancer screening	Intimate partner violence screening	Hematocrit or Hemoglobin screening
Obesity screening and counseling	Osteoporosis screening	Hemoglobinopathies or sickle cell screening for newborns
Sexually Transmitted Infection (STI) prevention counseling	Preeclampsia prevention medication	Hepatitis B screening for adolescents at high risk for infection
Skin cancer behavioral counseling	Rh incompatibility screening for Rh (D) blood typing	HIV screening for adolescents at higher risk
Syphilis screening	Sexually Transmitted Infections (STI) counseling	Immunization vaccines
Tobacco use counseling	Syphilis screening for all pregnant women	Iron supplements for children ages 6 to 12 months who are at increased risk for anemia
	Tobacco use counseling	Lead screening for children at risk of exposure
	One well-woman preventive care visit per Policy Year	Medical history for all children throughout development
	High-risk human papillomavirus DNA testing	Obesity screening and counseling
	One counseling session on sexually transmitted infections	Oral Health risk assessment for young children
	One counseling session and screening for human immune-deficiency virus	Phenylketonuria (PKU) screening for this genetic disorder in newborns
	All FDA approved contraceptive methods	Sexually Transmitted Infection (STI) prevention counseling and Sexually Transmitted Infection
	One screening and counseling for domestic violence	Tuberculin testing for children at higher risk of tuberculosis disorders
	Breastfeeding support, supplies and counseling	Vision screening for all children
	Routine prenatal obstetrical office visits	Routine prenatal obstetrical office visits