



**BENEFIT NEWS BRIEFS**

***USPSTF Blood Glucose/Type 2 Diabetes & High Blood Pressure Preventive Screening Recommendations***

***Affects Non-Grandfathered Plans***

The U.S. Preventive Services Task Force (*USPSTF*) recently published two preventive services recommendations applicable to non-grandfathered group health plans. The [final preventive services regulations](#) require non-grandfathered group health plans to provide benefits for and prohibit the imposition of cost-sharing requirements with respect to certain preventive services, including evidence-based items or services that have a rating of A or B in the current recommendations of the USPSTF.

The two new services are listed below and coverage by non-grandfathered calendar year plans must begin January 1, 2017.

<b>Release Date of Current Recommendation</b>	<b>Topic</b>	<b>Description</b>	<b>Grade</b>
October 27 2015*	<a href="#">Diabetes screening</a>	The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity.	B
October 13, 2015*	<a href="#">High blood pressure in adults: screening</a>	The USPSTF recommends screening for high blood pressure in adults aged 18 years or older. The USPSTF recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment.	A

**REMINDER OF EFFECTIVE DATE RULE:** All updates to the “A” or “B” recommendations and guidelines that go into effect after the passage of the ACA must be provided for the *first plan year beginning on or after the date that is one year after the new recommendation or guideline went into effect*. Such preventive services must be covered with no cost-sharing from the participant or covered person. Since one year from the effective date of November 2015 is November 2016 and the first plan year after that for a calendar year plan is January 1, 2017, these two preventive services benefits must be covered by calendar year plans accordingly. The required effective date for non-calendar year plans would be calculated in a similar manner.

These USPSTF A or B recommendations can be found online at:

<http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations-by-date/>.

One can sign up for email updates regarding draft or new recommendations at:

<http://www.uspreventiveservicestaskforce.org/Page/Name/email-updates>.

See *Benefit News Briefs 2015-50* for a more detailed look at the preventive services required to be provided by *non-grandfathered* plans under the *Affordable Care Act (ACA)*, including *preventive services* like these that have a rating of A or B in the current recommendations of the USPSTF.

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