

New recommendations from the U.S. Preventive Services Task Force

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The U.S. Preventive Services Task Force (USPSTF) has issued updated recommendations for certain preventive services that payers are required to cover in 2022. The recommendations apply only to patients with no signs or symptoms of the disease.¹

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Below is an overview of the recommendations. Blue Cross[®] Blue Shield[®] of Arizona (BCBSAZ) will cover these services and cost-share waivers for all commercial fully insured plans except grandfathered plans—individual and group benefit plans that were in existence prior to March 23, 2010 (the enactment date of the Affordable Care Act), and have not lost their grandfathered status.

1. Lung Cancer Screening Recommendation (Grade B), effective April 1, 2022

The USPSTF has lowered the age from 55 to 50 to begin screening for lung cancer with low-dose computed tomography for those at high risk of lung cancer. That includes those who have a history of smoking 20 packs a year and currently smoke or have quit within the past 15 years. For 50- to 54-year-old members in that category, BCBSAZ will cover the recommended screenings. For more information, see the [final recommendation statement](#).

2. Hypertension Screening Recommendation (Grade A), effective May 1, 2022

The USPSTF updated the 2015 blood pressure (BP) measurement recommendation to include the use of ambulatory and home monitoring before confirming a hypertension diagnosis and starting treatment. When hypertension is suspected based on results of an office blood pressure measurement, additional measurements should be taken outside of the clinical setting. Member cost share will be waived for BP monitoring *services* (not the ambulatory or home measurement devices).

BP billing information:

- CPT® code 93784 covers ambulatory blood pressure monitoring (ABPM) services.
- Code 99473 covers patient education and device calibration for home blood pressure monitoring (HBPM).
- Code 99474 covers gathering, analysis, and reporting of HBPM data.

For more information, see the [final recommendation statement](#).

3. Colorectal Cancer Screening Recommendation (Grade B), effective June 1, 2022

The USPSTF has lowered the recommended age from 50 to 45 to begin screening for colorectal cancer. BCBSAZ will cover screenings for 45- to 49-year-old members. For more information, see the [final recommendation statement](#).

Please ensure your clinical and billing teams are aware of the new recommendations. If you have questions, visit the [USPSTF website](#) or contact your [provider liaison](#).

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¹Source: [U.S. Preventive Services Task Force, "About the USPSTF"](#)

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