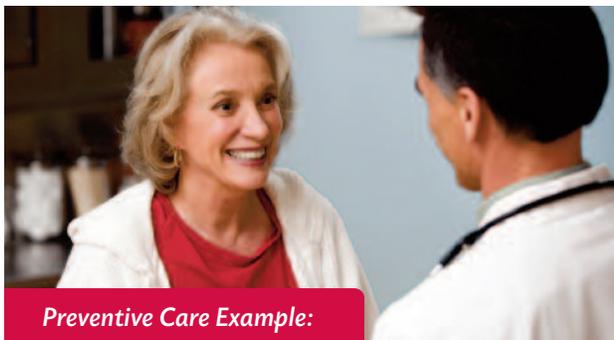


Understanding Your Care: PREVENTIVE vs. DIAGNOSTIC

Getting and staying healthy requires a commitment to eating right, exercising and getting regular check-ups with your doctor. Depending on your overall health, age and medical history, you may be asked to get certain screenings. Often times these screenings are free when covered as a preventive benefit included in your plan. It can be confusing to know whether or not your screening may require an out-of-pocket cost.



Preventive Care Example:

Maria is a 60-year-old woman seeing her doctor for an annual check-up. She is in good health, with no symptoms. Maria had a colorectal cancer screening with a colonoscopy nearly 10 years ago. As part of her preventive wellness plan, Maria's doctor refers her for a screening colonoscopy.



Diagnostic Care Example:

Darren is a 60-year-old man seeing his doctor for an annual check-up. He tells his doctor he has a weight loss of about 15 pounds, as well as ongoing abdominal cramps. Darren had a colorectal cancer screening with a colonoscopy nearly 10 years ago. As part of his evaluation for his symptoms, Darren's doctor refers him for a diagnostic colonoscopy.

« THE SAME TEST CAN BE USED FOR SCREENING OR DIAGNOSTIC PURPOSES. »

COLONOSCOPY:
Preventive screening
\$0

PREVENTIVE CARE

Preventive care is all about keeping you as healthy as possible. Be open and honest with your doctor, discussing any health concerns or symptoms – no matter how minor. The screening tests recommended for each person vary by age and gender.

COLONOSCOPY:
Diagnostic investigation of symptoms
REQUIRES OUT-OF-POCKET COST

DIAGNOSTIC CARE

Diagnostic tests are often utilized following sick visits and are used to identify a disease or condition (i.e. a diagnosis) that is causing symptoms. You and your doctor will discuss what next steps may be right for you.

Screenings are a vitally important part of a healthy life.

For further information, talk to your doctor.

Together, you and your doctor can decide what screenings are right for you.