

Preventive Medical Services

To encourage a healthy lifestyle, we provide a wide variety of preventive services that are not subject to your iDirect plan deductible. The following is a listing and brief description of those services, many of which are most commonly performed at your annual well visit. Applicable co-payments or coinsurance may apply.

| <u>Service</u> | <u>What this means</u> |
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| Physical Exam (General health panel) | Physical examination and tests to assess level of physical health, aimed at preventing disease. |
| Basic metabolism test (General health panel) | Blood work to assess metabolism. |
| Immunizations | Immunizations prepare the immune system to ward off various diseases. Examples include chicken pox, measles and hepatitis B. |
| Cholesterol Test (Lipid panel) | Blood tests to measure lipids including cholesterol, HDL and triglycerides. |
| Pap smear | Checks for changes in the cells of the cervix and screens for infection, abnormal cervical cells or cervical cancer. |
| Mammogram | X-ray used to aid in the detection of breast abnormalities. |
| Pre-natal and one post partum visit | Pre-natal is the care received throughout pregnancy. Post partum is the care received after the delivery of a child. |
| Rh screen | Determine blood type and Rh status in pregnant women. Rh problems can be important in treating newborn with Rh incompatibility. |
| Colonoscopy and sigmoidoscopy | Both tests can be used to detect bleeding, polyps, cancer and other diseases. |
| Prostate test (Prostate Specific Antigen "PSA") | Blood test used to detect prostate-related diseases, such as prostate cancer. |
| Hemoglobin and hematocrit testing | Hemoglobin tests measure the level of hemoglobin in the blood. Hematocrit test check the percentage of red blood cells. Both tests detect anemia. |
| Fecal blood testing | Test to detect blood in stool. Screens for early colon cancer as well as a cause of anemia. |
| Bone density screen | X-ray most commonly used as a screening and diagnostic test for osteoporosis. |
| Lead screen in childhood and/or pregnancy | Measures the level of lead content in your blood. |
| Rubella screen | Routine screening for all women of childbearing age at their first clinical encounter. Screens for the history of Rubella vaccination or serology. |
| Abdominal aortic aneurysm screen | Ultrasound imaging used to detect an aneurysm, which occurs when the lining of a blood vessel wall weakens and expands. |

**Services subject to change*