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Seek Quality First- Ask Questions Before Receiving Diagnostic Imaging Services

Although CT Scans, PET Scans, MRIs, MRAs, and Nuclear Cardiology procedures are generally safe, radiation emitted from these tests remains in your body and accumulates over a lifetime. That is why it is wise to limit exposure to advanced imaging services, especially if a condition can be diagnosed other ways, or with a procedure that emits less radiation. Learn about the various tests and what each is best for. Then talk to your provider about the risks involved, such as radiation and false-positive results. Here are some things you can ask your provider to ensure that the best approaches for your individual diagnostic imaging needs are being met:

- Why is a specific imaging test necessary?
- How certain is your provider about the diagnosis without a scan? A medical history and physical may be enough for a diagnosis and a treatment plan.
- How will the test affect treatment decisions?
- Does another, safer test exist that would give you the same information?
- If your doctor recommends an advanced imaging procedure, ask where it will be performed. You will have significantly lower out-of-pocket costs if you use an in-network facility.
- To save even more money, ask your doctor if the test can be performed at an in-network Independent Diagnostic Testing Facility (IDTF). These facilities are usually less costly than the same services provided in an outpatient hospital setting.
- Be sure to request a copy (a CD-ROM or a written report) of any CT Scan or imaging study you have done. That will save you the trouble (and radiation) of having the same exam twice if you go to another facility, move to another town or change providers.

To locate an in-network facility, log on to www.bcbsfl.com and select "Find a Doctor or Hospital."



MANAGING DIABETES

Walgreens Health Initiatives (WHI) covers One Touch Brand Meters, lancets, strips and Novofine® needles at no cost to all covered diabetic individuals on an ICUBA medical plan in order to assist you in monitoring your glucose levels. Ask your Pharmacist for information regarding diabetes, and access resources such as The American Diabetes Association for additional resources regarding Diabetes. You can also call WHI at 1-800-207-2568.

***TO ACCESS YOUR HEALTH
PLAN DOCUMENT AND
OTHER IMPORTANT
INFORMATION LOG ON TO
<http://icubabenefits.org>***

Important Information to Improve Your Health



MAMMOGRAMS ARE COVERED BY ICUBA AT NO COST TO YOU OR YOUR SPOUSE REGARDLESS OF YOUR AGE OR DIAGNOSIS!

For information regarding Breast Cancer, call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER.

What is a mammogram and why should I or my spouse have one?

A mammogram is an X-ray picture of the breast. It can find breast cancer that is too small for you, your doctor, or nurse to feel. Studies show that if you are in your forties or older, having a mammogram every 1 to 2 years could save your life.

How do I know if I or my spouse needs a mammogram?

Talk with your doctor about the chances of getting breast cancer. Your doctor can help you decide when you should start having mammograms and how often you should have them.

Why do I or my spouse need one every 1 to 2 years?

As you get older, your chances of getting breast cancer get higher. Cancer can show up at any time - so one mammogram is not enough. Decide on a plan with your doctor and follow it for the rest of your life.

Where can I get a mammogram?

To find out where to get a mammogram:

- Ask your doctor or nurse.
- Log on to www.bcbsfl.com and click "Find a Doctor or Hospital."

What do I do if I am asked for payment or receive a bill for my mammogram?

Call Blue Cross Blue Shield at 1-800-664-5295 and they will speak with your provider to explain the benefit, or will have your claim reprocessed to be paid at no cost to you!

Be A Smart Healthcare Consumer- Ask Questions!

If your health care visits leave you with more questions than answers, you are not alone. Most people want health information that is written in plain language, and easy to understand and use. Medical words are hard for many people to understand—no matter how much education they have.

Tell your doctors, nurses and pharmacists when you do not understand the information they give you. It may help you to learn how to better take care of yourself and your family.

Make a list of questions to bring with you to your doctor so you do not forget to ask them. The Partnership for Clear Health Communication—a team of national health care groups—has set up the "Ask Me 3" program. "Ask Me 3" suggests three simple but important questions people can ask their health care providers:

- **What is my main problem?**
- **What do I need to do?**
- **Why is it important for me to do this?**

If you think of more questions after you leave the Provider's office, you can reach a Nurse 24/7 by calling Blue Cross Blue Shield at 1-877-789-2583 and receive support.