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*Patty's Points*

# Patty Nguyen, On-Site Rep.

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Dear Patty:

**Q: What screenings are recommended for men?**

A: Below is a list of some of the recommended screening tests/preventive services:

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|  **SCREENING** | **DESCRIPTION OF BENEFITS** |
| Abdominal Aortic Aneurysm (AAA) | * Between ages 65 and 75, a history of smoking
* AAA is an abnormally large or swollen blood vessel in your stomach. It can burst without warning and can cause dangerous bleeding.
* The screening is performed by an ultrasound where a technician slides a medical device over your abdomen. This will detect whether an aneurysm is present.

Can be performed at your doctor’s office or at a standalone diagnostic imaging center. Copay varies by plan. There will be higher out of pocket expenses if performed at a hospital.  |
| Aspirin to prevent Cardiovascular Disease | * The use of aspirin for men ages 45 to 79 years when the potential benefit due to a reduction in myocardial infarctions outweighs the potential harm due to an increase in gastrointestinal hemorrhage.
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| Blood Pressure Screenings | * Screening for High Blood Pressure for adults age 18 and older.
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| Cholesterol abnormalities screening  | * Men ages 35 and older: screening for lipid disorders
* Men ages 20-35 years of age: screening for lipid disorders if they are at increased risk of coronary heart disease.
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| Colorectal Cancer Screening | * Between ages 50 and 75
* Stool Test/Colonoscopy/Sigmoidoscopy
* Routine Screenings & Diagnostic colonoscopies are covered 100% of the allowable charges. No copays apply. This includes participating/in-network facility charges, surgeon, anesthesiologist, & pathologist fees. (Note: Specimens sent to an **out of network lab or pathologist** will not be covered.)
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| Diabetes Screening | * Screening for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.
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| Hepatitis B Screening | * Screening for hepatitis B virus infection in persons at high risk for infection
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| Hepatitis C Screening | * Screening for hepatitis C virus (HCV) infection in persons at high risk for infection
* One-time screening for HCV infection to adults born between 1945 and 1965.
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| Lung Cancer Screening | * Annual screening for lung cancer with low-dose computed tomography in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years
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| Skin Cancer Screening | * Discuss with your Primary Care Physician about getting screened. Under the HMO plans you have **5 visits per calendar year** without a referral from your Primary Care Physician. Just make sure the Dermatologist is participating with the BlueCare HMO network.
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**Q: Which Immunizations are covered under my plan?**

A: Here’s a list of some of the covered immunizations. Please note immunizations administered by a Pharmacist are **NOT COVERED** under your plan.

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| **IMMUNIZATIONS** | **PLAN BENEFITS** |
| Annual Flu Vaccine | Covered 100% when administered at CareHere Health & Wellness Center (HWC), an in-network doctor’s office or at an in-network Convenient Care Center (CCC), i.e., Participating Take Care Health Clinic located inside the Walgreen’s Pharmacy. ***(Important Note: Not all locations are contracted to administer the flu vaccine. Please check with Patty Nguyen for a list of participating providers.)*** |
| Pneumonia Vaccine | Age 65 or older. One dose covered 100% at CareHere HWC or at your in-network doctor’s office. |
| Shingles (Zoster)Vaccine | Age 60 or older. Covered 100% at CareHere HWC or at your in-network doctor’s office if he/she supplies the vaccine. If your doctor does not supply the vaccine he/she can order from Caremark Specialty Pharmacy Services. Phone number is 1-866-278-5108.(Note: The Shingles Vaccine administered at the Pasco County Health Department is NOT COVERED.) |
| Tetanus, Diptheria and Pertussis (Td/Tdap) | Age 19 or older. Booster every 10 years. Covered 100% at CareHere HWC or at your in-network doctor’s office. |

**Q: Are routine eye exams covered under my plan?**

A: Routine eye exams are not covered under your Florida Blue Medical Plan. Your medical plan covers treatment for eye diseases due to medical conditions. For example, diabetes can cause glaucoma and cataracts so your doctor may refer you to an ophthalmologist. To find an in network eye specialist, please contact me directly or go online at [www.floridablue.com](http://www.floridablue.com) and click on “Find a Doctor” on the blue task bar. If you elected Davis Vision benefits please contact them at 1-877-923-2847 to inquire about routine eye exam benefits.