

## Questions and Answers:

Q: What is fasting blood work?

A: When your health care provider orders certain tests, you may be told to fast for 8 hours. Fasting is when you consume no food or drinks, with the exception of water, for a set period of time. It's important to drink plenty of water because it's easier to draw blood from well hydrated veins. However, your health care provider may advise you differently. Always follow his/her instructions to the letter.

Q: I see my OB/GYN once a year for pap and a breast exam. Do I still need a Preventative Exam with my provider?

A: Not all OB/GYN's perform a full Preventative Exam with complete review of systems and lab tests. Ask your provider what type of Preventative Exam is best for you.

Q: What if I'm not comfortable seeing a provider of the opposite sex for the hands on portion of my Preventative Exam.

A: It is important to Family Health Care that you receive the best care available. Please inform our friendly scheduling team of your preference when scheduling your Preventative Exam.

Q: How much does a Preventative Exam cost?

A: **Often it is covered at 100%. You have already paid for it!** However, price and coverage can vary. Please call the phone number on the back of your insurance card to ask your insurance provider about your policy's preventative coverage.

Q. How do I know what to ask my insurance company?

A: We have provided specific codes for you to ask your insurance about. Please reference the back of this pamphlet.

We are always online at [FHCBoise.com](http://FHCBoise.com)

## Medical Labs Quick Reference:

CPT 85025 - Complete Blood Count (CBC) - general health status by screening for conditions that affect the blood.

CPT 80053 - Complete Metabolic Panel (CMP) current status of your kidneys and liver and obtains blood glucose and blood protein levels.

CPT 84443 Thyroid Stimulating Hormone (TSH) - screen and help diagnose thyroid disorders.

CPT 84153 Prostate Specific Antigen (PSA) - screening for prostate cancer in men over 50.

CPT 80061 Lipid profile - to assess your risk of developing cardiovascular disease.

CPT 81002 Urinalysis (UA) - screen for metabolic and kidney disorders.

CPT 87491 Chlamydia - screen for chlamydia.

CPT 87591 Gonorrhea - screen for gonorrhea.

CPT 88175 Thin Prep Pap Smear - screening for cervical cancer and certain vaginal or uterine infections.

CPT 87621 Human Papillomavirus (HPV) - screening for most common types of HPV that are associated with cervical cancer.

CPT 82274 Seracult - digestive track bleeding.

CPT 83036 Hemoglobin A1C (HGBA1C) - helps identify those at an increase risk of developing diabetes.

CPT 77080 Bone Density Scan (DEXA) - determines the density of your bones and determine if you might be at risk for bone loss.

CPT 93000 Electrocardiogram (EKG) or (ECG) - a tool used to predict coronary heart disease.

Note: All tests are not recommended for all patients and may not be covered by all insurance plans. Use the insurance code (CPT code) when discussing with your insurance company.



## Family Health Care

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## Guide to Your Preventative Exam

"Be sure to take the time to invest in yourself"

"An ounce of prevention is worth a pound of cure"  
-Benjamin Franklin

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1075 N Curtis Rd.  
Bldg. N6, Suite 100  
Boise, ID 83706  
Phone: (208) 377-5166

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## Ways to stay healthy.

### Laugh

Laughter increases Oxygen intake, stimulating heart, lungs, and muscles, increasing endorphins released by your brain. Improves immune system, relieves pain, and improves mood.

### Exercise

Exercise controls weight, fights health conditions/diseases, improves mood, boosts energy, promotes better sleep, and can be fun.

### Eat well

Heathy diet improves your energy, prevents disease, improves cognition, and manages your weight.

### Preventive Exams

Annual visits help establish a good base line for your over all health and well being. This allows for early detection of any physical and mental ailments, and serving as an opportunity to cultivate a relationship with your provider.

Prevention is the easiest part of your health care.

Call your insurance provider and ask them about your policy's preventative benefits. Remember all policies are different, please take the time to obtain details on your preventative coverage prior to your appointment.

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## The Many Types of Preventative Exams

### Head to Toe Physical Exam

- Review of 12 Body Systems
- Including a Skin Survey
- Plan for prevention and health for the coming year.

### Women's Preventative Exam (CPE)

- 18 years and up
- Head to Toe Physical Exam
- Involves modest undressing
- Complete Breast Exam, Pelvic Exam and Pap Smear

### Men's Preventative Exam (CPE)

- 18 years and up
- Head to Toe Physical Exam
- Involves modest undressing
- Prostate check (Ages 50 and up)

### Children's Preventative Exam (WCC)

- 0-18 years
- Head to Toe Physical Exam
- Completion of parent provided forms
- Hernia check
- Involves modest undressing
- Essential for boys and girls

### Welcome to Medicare Visit

- One time Medicare benefit for patients within 365 days of enrollment
- Head to Toe Physical Exam
- Involves modest undressing
- EKG and lab assessments

### Annual Wellness Visit (AWV)

- Consultation of Body Systems
- Does not involve undressing
- 100% covered benefit of Medicare

### Dept of Transportation Exam (DOT)

- Required Annual Consultation for Commercial Drivers License (CDL)
- Often includes a urinalysis

Ask anyone on the Family Health Care Team for more detail on the different types of Preventative Exams available.

### Your Preventive Exam is scheduled:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Provider: \_\_\_\_\_

For your notes:

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