

## Insurance Plans

- Aetna
- Amerigroup/Apple Health-Medicaid
- CHPW/Apple Health-Medicaid
- CIGNA
- Citrine (Breast and Cervical Health)
- Coordinated Care/Apple Health-Medicaid
- Crime Victims
- DSHS-Provider One
- First Choice Health Network
- First Health/Coventry
- Kaiser Health Plan (Commercial/Medicare Advantage)
- Medicare
- PHCS/MultiPlan
- Premera
- Regence
- Regence Medicare Advantage
- Tricare-HealthNet
- United Healthcare Commercial Plans
- United Healthcare Medicare Advantage (Medical Center only)
- USFHP
- Worker's Compensation

*Is your plan not on the list? This doesn't mean that WhidbeyHealth does not accept your insurance. Please contact our Insurance Advocates at **360.678.7656 ext. 4103** to see if we are considered an in-network provider for you. You may also contact your insurance company directly to see if you need a referral. Deductibles and coinsurance may be higher for out-of-network insurance.*

*(For exams performed at partner hospitals call RADIA at 888.927.8023.)*

WhidbeyHealth Medical Center  
101 N. Main St.  
Coupeville, WA 98239  
Central Scheduling Services 360.678.7607



WhidbeyHealth



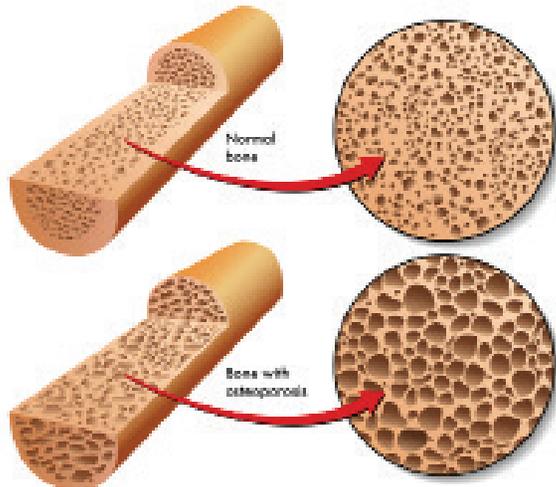
Information About Your DEXA Scan

## How is Osteoporosis Prevented?

Osteoporosis is impacted by a number of risk factors which can be controlled through diet and exercise. You can minimize your risk by getting enough calcium and vitamin D in your diet, along with increasing your intake of those fruits and vegetables known to boost bone health. You can also help prevent osteoporosis by limiting alcohol and caffeine to 2 to 3 cups per day of each and avoiding smoking. Also important is making sure exercise is a part of your daily routine, especially weight-bearing exercises, which are known to help build strong bones.

## How is it detected?

Osteoporosis can be detected through a medical evaluation including a review of your medical history, a physical exam, laboratory tests and a DEXA scan, also called a bone density test.



## What is DEXA?

Dual Energy X-ray Absorbtiometry, or DEXA, is an enhanced form of X-ray that measures a patient's bone mineral density. The X-ray beam used has two different energy peaks, which are absorbed differently by bone and soft tissue. The amount absorbed by the soft tissue can be subtracted from the total amount to give us the bone mineral density.

DEXA scans are considered the "Gold Standard" for diagnosing low bone mineral density.

## Who should get a DEXA scan?

- You are woman age 65 or older
- You have broken a bone after age 50
- You are a menopausal woman under age 65 with other risk factors
- You are a post-menopausal woman under age 65 with other risk factors
- You have a height loss of more than ½ inch in one year



**WhidbeyHealth**



Patient Centered Imaging & Technology Solutions

**RADIA**®