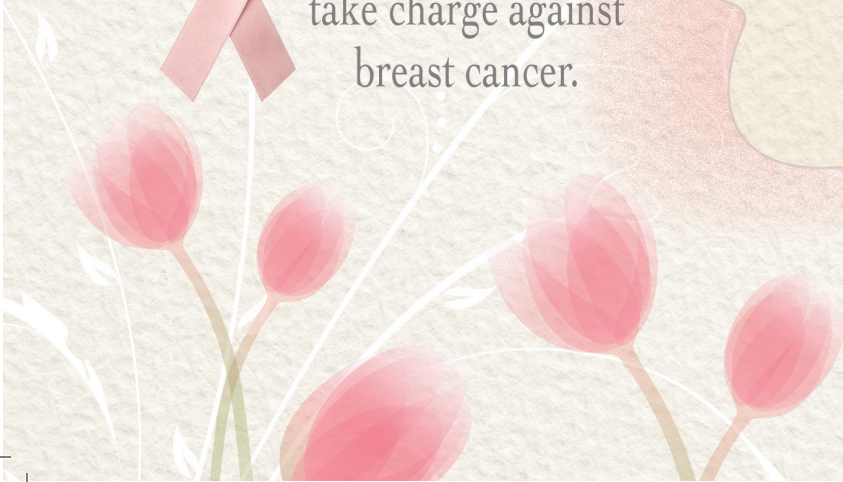


ORANGE COUNTY PUBLIC SCHOOLS PRESENTS

Mammography SCREENINGS



Maximize your
benefits and
take charge against
breast cancer.



What is a Mammogram?

A mammogram is a low-dose X-ray of the breast used to supplement your doctor's physical examination of your breasts. Tumors can be detected by mammogram years before they become lumps or before they can be detected by physical examination. The risk of radiation from a mammogram is extremely low.



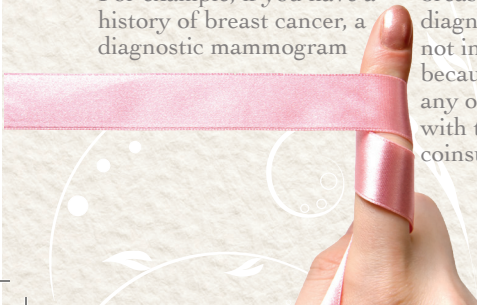
Who is Eligible?

Those eligible for the screening mammogram are OCPS employees and dependents covered by one of the four OCPS CIGNA plans. Any interested individuals must meet all of the guidelines outlined here. If you do not meet these criteria, please consult with your physician about the appropriateness of having a screening mammogram. For example, if you have a history of breast cancer, a diagnostic mammogram

might be advisable (as opposed to a screening mammogram). A screening mammogram is the most accurate method of finding small cancers in women who have no breast symptoms or physical findings. A diagnostic mammogram is a more extensive test usually used for women who have or have had symptoms of breast conditions. The diagnostic mammogram is not included in this benefit because it is covered as any other diagnostic test, with the deductible and/or coinsurance amounts.

Screening Guidelines

- Age 40 or over (unless family history warrants screening earlier)
- No self-history of breast cancer
- No current breast lumps
- No nipple bleeding, nipple deformation or breast dimpling
- Not pregnant or currently nursing a baby
- No previous cosmetic breast surgery (augmentation)
- No breast symptoms causing your physician to prescribe a mammogram



Important to Note

In the past several years due to increased medical liability insurance costs and fewer radiologists available to read mammograms, women have experienced delays in obtaining a screening mammogram appointment. While we still recommend women be proactive and schedule mammogram appointments as early as possible, the average wait for a routine screening mammogram in Central Florida has decreased significantly. In fact, many

contracted facilities are able to schedule within a couple of weeks.

Special Consideration

If you have had a previous biopsy or surgery for a nonmalignant condition and continued to have a basic screening mammogram, you are eligible. If your mammogram entails more than a basic screening, it is considered a diagnostic test; therefore, deductible and/or coinsurance amounts will apply.

What Does the Mammogram Cost?

If you have one of the four OCPS CIGNA plans (CIGNA Network PREMIUM, CIGNA OA Plus In-Network/Network BASIC, CIGNA Open Access Plus PREMIUM or CIGNA Open Access Plus BASIC):

- As part of this benefit, your mammogram is being provided at 100 percent. That is, you do not have to pay any coinsurance provided you use the locations listed on the back of this brochure. You also can access a complete list of facilities in the on-line provider directories at www.cigna.com.

How Do I Register?

Where can I get a Screening Mammogram?

Step 1 - When you call for an appointment, please present the following information to the representative who will register you.

- A. Provide the information on your insurance card.
- B. Provide the name of the physician who will receive the results of the screening. The physician should be on your provider list (Primary Care, OB/GYN, internal medicine, family or general practice physician).
- C. Remember to take the script you receive from your physician with you when you go for your mammogram.

**Step 2 - For Orlando
Freestanding Outpatient
Diagnostic Facilities
Mammogram Services,**
please call—

Florida Radiology Imaging
Call: **407.834.8722**

for—
8000 Red Bug Lake Rd., #120
Oviedo

-or—
235 E. Princeton St., #100
Orlando

-or—
12301 Lake Underhill Rd., #113
Orlando

-or—
775 Primera Blvd., #1031
Lake Mary

Drew Medical, Inc.
Call: **407.788.2888**

for—
1110 W. Fairbanks Ave.
Winter Park

-or—
9582 W. Colonial Dr.
Ocoee

-or—
775 N. Alafaya Tr.
Orlando

-or—
51 W. Kaley St.
Orlando

-or—
7424 Red Bug Lake Rd.
Orlando

-or—
277 Douglas Ave., #1014
Altamonte Springs
-or—
208 W. Oak St.
Kissimmee **407.343.0400**

Women's Center for Radiology
Call: **407.841.0822**
for—
1621 N. Mills Ave.
Orlando
-or—
1718 S. Orange Ave.
Orlando

Sand Lake Imaging
Call: **407.363.2772**
for—
9350 Turkey Lake Rd.
Orlando

-or—
1640 Maitland Ave., #2000
Maitland

Cyrus Diagnostic Imaging, Inc.
165 Waymont Ct.
Lake Mary **1.800.759.6682**

Florida Hospital Women's Center
7975 Lake Underhill Rd., #100
Orlando **407.303.6598**

Florida Hospital Women's Center
Celebration Health
400 Celebration Pl.
Kissimmee **407.303.4009**

**Florida Hospital Altamonte
Mammography Center**
661 East Altamonte Dr.
Medical Plaza, #130
Altamonte Springs **407.303.2260**

Emery Medical Solutions
2151 E. Semoran Blvd.
Apopka **407.628.9100**

Boston Diagnostic Imaging
398 E. Altamonte Dr.
Altamonte Springs **407.331.9355**

Vincon Diagnostic Center
5732 Canton Cove
Winter Springs **407.699.7787**

Clermont Radiology LLC
871 Oakley Seaver Dr.
Clermont **352.241.6100**

Center for Diagnostic Imaging
1781 Park Center Dr., #110
Orlando **407.741.5400**

Please note: Mammograms can be accessed at an outpatient hospital facility; however, the cost to your health plan typically is higher.

As with any provider, please confirm participation with your health plan when scheduling your appointment.

If you have questions, or need additional information, please call the Employee Wellness Program at 407.317.3200, Ext. 2929.