

SCREENING PROGRAMS

It is important that we take responsibility for our own health. One of the easiest places to start is with preventive care. Many studies have reinforced the idea that prevention can help avoid disabilities and chronic conditions through early diagnosis. The Senior Circle program is pleased to announce that the following screenings are now being offered. To schedule a screening:

- Call the provider's number listed on this page.
- Identify yourself as a Senior Circle member.

NOTE: It is mandatory that you identify yourself as a Senior Circle member when calling to schedule a Senior Circle screening or you will be charged for a regular office visit.

HEARING SCREENING

Tests for hearing loss and general ear health.

This test is offered through Carlson ENT (520-797-8789), Tucson Ear, Nose and Throat (520-575-1272), Valley ENT (formerly Southern Arizona Ear, Nose and Throat, 520-792-9702) and Arizona Hearing Specialists (Tucson - 742-2845, Green Valley - 648-3277, Ventana - 742-2845).

These providers also offer our members discounts on hearing aids and hearing aid services.

LOW-COST BLOOD/CARDIAC SCREENINGS

- Complete Blood Count (CBC) and Chemistry Profile (Met. Comp.) \$35
- Lipid Profile \$35
- Complete Blood Count (CBC), Met. Comp. & Lipid Profile \$70
- Prostate-Specific Antigen (PSA) \$79
- Cardiac Calcium Screening \$115

To make an appointment for Senior Circle blood work, call 469-8194. Note: Medicare covers 100-percent of medically necessary blood work with the appropriate diagnostic codes on a doctor's order. Preventive or routine blood work often is not covered by insurance. Blood screenings are available at Rancho Vistoso Urgent Care, Continental Reserve Urgent Care, La Paloma Urgent Care,

Northwest Urgent Care at Orange Grove, Northwest Urgent Care at Duval Mine Road, Oro Valley Hospital and Northwest Medical Center. No appointment is required for blood screenings. Upon arrival, you must show your Senior Circle membership card.

PODIATRY SCREENING

A screening for foot problems — including bunions, hammer toes, diabetic ulcers, etc. — is offered by Steve Abrams, DPM (297-7209).

ORAL/DENTAL

Services offered by Jose Osete, DDS (797-4551) and Hiram Cervantes, DDS (797-4551). They offer our members discounts on dental services.

MAMMOGRAPHY SCREENING

Northwest Healthcare offers discounted digital screening mammograms to members of Senior Circle. The cost is \$119 and must be paid at the time of the screening. This is a special offer for Senior Circle members and cannot be billed to an insurance plan. If you require a diagnostic mammogram, the discount does not apply as most insurance plans cover these exams. To schedule a screening mammogram, call 469-8810 and let the scheduler know that you would like the **Senior Circle screening mammogram**. Upon arrival you must show your Senior Circle membership card.

SCREENING DEXA SCAN

Northwest Healthcare offers discounted DEXA Bone Density scans to members of Senior Circle. The cost is \$175 and must be paid at the time of the screening. Please follow the same procedure as the Mammogram Screening (above).

CHIROPRACTICS

Chiropractic services offered by Dr. Richard Casabona (498-1111). Offering a 10-percent discount on all services to Senior Circle members.