

How many reasons



do you have



to visit Lifesigns?

Call 615.371.3000 to schedule your appointment or you can request an appointment at

www.lifesignsmd.com

Our physicians are in most major networks, including Cigna, Aetna, Humana, United HealthCare and BlueCross BlueShield. All wellness benefits are verified prior to your appointment.



The Lifesigns wellness physical can detect possible illnesses at the earliest stages, and it provides you with preventive health information that can change the course of your life. Your Cigna Health Plan allows you and your covered dependents (age 18+) to have a Lifesigns physical examination once a year for a \$20 copay. With this life-saving benefit, you can receive the services listed below. Lifesigns will verify your plan's wellness benefits when you schedule your appointment.

BASE EXAM:

- ▶ Complete Physical Exam
- ▶ Ultrasound Screening of the carotid artery, thyroid gland, aorta, gallbladder, kidneys, liver and spleen
- ▶ Complete Lab Panel
- ▶ Urinalysis
- ▶ Chest X-ray
- ▶ Electrocardiogram (resting EKG of the heart)
- ▶ Body Composition Analysis
- ▶ Vision Acuity
- ▶ Pulmonary Function
- ▶ Audiometry (hearing test)
- ▶ Physician Consult plus health analysis & complete exam report
- ▶ Complete medical report available online 24/7 through NextMD.

PLUS AGE/GENDER OPTIONS:

- ▶ Prostate Specific Antigen (PSA): Annually, age 45+
- ▶ Mammography: baseline 35-39; annually at age 40-64; 65+ bi-annually
- ▶ GYN Exam/PAP Test: age 18+
- ▶ Treadmill Stress Test: recommended annually, age 40+; screens for coronary artery disease
- ▶ Dexascan/Bone Density Test: recommended annually, age 50+ women, age 60+ men, screens for osteoporosis/ bone loss
- ▶ Complete Eye Exam \$75

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LIFESIGNS®

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