

Do the Three Step the Next Time You Have a Test or Procedure

Taking a few extra steps is good for your waistline but it's also a healthy choice when it comes to your next MRI, CT scan or outpatient surgery. These steps aren't done with your feet, but are just as important since they may help you spend a little less cash.



Step 1:

Ask if the procedure is covered by your benefit plan

If you don't know the answer to this question you may end up paying more out-of-pocket than you planned on.

- › Before scheduling a procedure, check your benefit plan to see if the procedure is a covered benefit. This will help you better understand what your cost will be.
- › You may also need to "precertify" before the test or procedure to have it covered.

If you don't know the answers, or if you aren't sure, check with your claims administrator or speak with your human resources representative.



Step 2:

Ask if the facility or provider is covered by your benefit plan

Just because your doctor told you to use a specific facility doesn't mean it's necessarily in-network or the best place to have your test or procedure.

- › Before scheduling an appointment, check The Alliance online provider directory to make sure you have access to a certain provider by visiting Find a Doctor at http://www.the-alliance.org/find_doctor



Step 3:

Find out if the procedure is listed in the *QualityCounts*[®] Outpatient Procedures and Tests Report

This report provides information on the cost of some typical outpatient procedures, tests and surgeries.

By reviewing the report you'll learn that costs aren't the same at all facilities. You can even see how much you might save if you chose a lower cost provider.

But knowing the cost isn't the only thing you want to research. The *QualityCounts* Outpatient Procedures and Tests Report also includes additional questions to ask your health care provider before you schedule a test. These questions will help you understand why you need the test, what will happen, and what he or she will learn from it.

The *QualityCounts* Outpatient Procedures and Tests Report includes cost information at Alliance-network providers. You can find information for the following procedures:

Surgical procedures:

- › Removal of Adenoids
- › Arthroscopic Knee Surgery
- › Cataract Surgery
- › Laparoscopic Gallbladder Surgery
- › Laparoscopic Hernia Surgery
- › Tube Insertion for Middle Ear Infections

Other tests:

- › Bone Density
- › Cardiac Perfusion Scan
- › Colonoscopy
- › Mammogram
- › Upper Gastrointestinal (GI) Endoscopy

CT (Computed Tomography) and MRI (Magnetic Resonance Imaging):

- › Abdominal CT
- › Abdominal CT with Contrast
- › Brain MRI Without and With Contrast
- › Head or Brain CT
- › Lower Spine MRI
- › Pelvic CT with Contrast

To check out the *QualityCounts* Outpatient Procedures and Tests Report, visit The Alliance Find a Doctor function at www.the-alliance.org/find_doctor. If you see the *QualityCounts* logo when you search for a facility, it means you can access this information. You can also find *QualityCounts* at www.the-alliance.org/qualitycounts.