



GetWell's
getSURE — Life Line Screening
Screen for key indicators of a hidden condition

\$139/ One Time Fee

GetWell's **GetSure** offers a one-time Life Line ultrasound-screening package for only \$139. **This comprehensive screening gauges key indicators for hidden conditions by identifying plaque buildup that can lead to strokes, aneurysms, and vascular diseases.** Life Line screenings are fast and painless — and are conducted at local churches and community centers to make them more accessible and affordable. If you are looking for assurance that you really are in good health, then GetSure.



Possibility of Stroke



Abdominal Aortic Aneurysm



Atrial Fibrillation



Peripheral Arterial Disease (PAD)

Disclosures:

THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance. This plan does not meet the minimum creditable coverage requirements under M.G.L. c. 111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. **THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.*** The plan provides discounts at certain health care providers for medical services. The range of discounts will vary depending on the type of provider and service. The plan does not make payments directly to the providers of medical services. Plan members are obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount medical plan organization. You may access a list of participating health care providers at Member.Getwellsurebridge.com. Upon request the plan will make available a written list of participating health care providers. You have the right to cancel within the first 30 days after receipt of membership materials and receive a full refund, less a nominal processing fee (nominal fee for MD residents is \$5). Discount Medical Plan Organization and administrator: **Careington International Corporation**, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380.

The plan and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. This plan is not available in Montana and Vermont. This plan is not currently available in Washington. *Medicare statement applies to MD residents when pharmacy discounts are part of plan.

Screening for: Carotid Artery Disease for the Prevention of Stroke



The Life Line ultrasound screening package includes an ultrasound examination of the carotid arteries. This screening detects buildup of fatty plaque, which is the primary cause of stroke, one of the leading causes of permanent disability and death.

Unfortunately, waiting for symptoms to appear can often mean waiting too long as 80% of stroke victims experience no symptoms prior to having one¹. A Carotid Artery Screening can help you prevent stroke because when identified early, 4 out of 5 strokes can be thwarted².

The Carotid Artery/Stroke screening procedure is simple, painless, and non-invasive. After applying gel to your neck a technologist will move an instrument, called a transducer, on your neck to create images of the carotid arteries and assess the rate of blood flow within them.



¹ Hackam, et al, *Neurology* 73, September 29, 2009

² Lavenson, *Society for Vascular Surgery annual meeting*, June, 2011

Screening for: Abdominal Aortic Aneurysm - a silent killer



Life Line also includes an ultrasound examination of the abdominal aorta. This screening helps to detect aneurysms that can cause a ruptured aortic artery. A dilatation, or ballooning, of the abdominal aorta is the most common form of aortic aneurysm. Abdominal aortic aneurysms are likely to tear if they reach 5 centimeters or greater in diameter. This screening can help detect the aneurysm before it reaches that critical size.

Occasionally problems with the abdominal aorta can cause pain in the abdomen or back, but unfortunately, in most cases, abdominal aortic aneurysms tend to cause no symptoms at all until it is too late. When ruptured the result is life threatening because of the internal blood loss. That is why a screening specifically in this region of the abdomen is so important.

Life Line uses ultrasound technology to measure the size of your abdominal aorta. The process is painless. You lie on your back on an exam table while a technologist applies gel to your abdomen. The technologist then takes images and measurements of your aorta by moving an instrument, called a transducer, across your abdomen.

Screening for: **Atrial Fibrillation to help Prevent Strokes and Heart-Related Deaths**



Atrial Fibrillation is also known as irregular heartbeat. Atrial Fibrillation is the most common type of heart arrhythmia. If you have the condition, your risk of heart-related death doubles and you have five times greater risk of having a stroke³. A heartbeat irregularity may have no symptoms, but it is often associated with palpitations, fainting, chest pain and even congestive heart failure.

Life Line screens for atrial fibrillation using EKG electrodes, which are placed on the arms and legs to detect irregular heart rhythm. The EKG identifies the presence or absence of an atrial fibrillation at the time of the screening. This is a painless and simple screening. You roll up your sleeves and roll down your socks, then lie on an exam table while a technologist applies electrodes above your wrists and ankles.



³ American Heart Association, *Heart Disease and Stroke Statistics – 2012 Update*

Screening for: **Peripheral Arterial Disease**



Peripheral arterial disease (PAD) is a disorder that occurs in the arteries that carry blood to the arms and legs. PAD can cause severe leg pain and disability. An individual with PAD has twice the risk for coronary artery disease⁴. A PAD health screen can detect arterial plaque buildup in the lower extremities. PAD can build up over a lifetime and affects about 8 million Americans.

The Life Line screening is done using the ankle-brachial index (ABI). The ABI measures the ratio between the pressure in your arms and that in your legs. This ratio indicates how well blood flows to the legs. A ratio of less than 0.90 indicates plaque buildup and possible peripheral arterial disease. A ratio of 0.90 or greater is considered normal. For many people, the outward symptoms will not appear until the artery has narrowed by 60 percent or more.

The ABI screening is painless, quick, and non-invasive. After removing your socks and shoes, you will have pressure cuffs placed around your upper arms and ankles. A small ultrasound device then measures the systolic blood pressures in your limbs helping to identify most cases of peripheral arterial disease.

⁴ Bickel, et al, *Journal of the American Heart Association*, 2012



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Get Healthy. Stay Healthy.

In addition to GetSure – Life Line Screening, GetWell offers a whole suite of wellness products.



GetWell's
getmore
 Discount Services



GetWell's
getliving
 Wellness Services



GetWell's
gethealth
 Medical Assistance

GetWell's **GetMore** health-related services bridge the gap between your health plan and your budget with significant discounts on dental, vision and prescription services.



GetWell's **GetLiving** provides an all-inclusive approach to achieving your family's best health with discounts on health coaching, fitness programs, immunizations — and more!



GetWell's **GetHealth** is convenient medical help — including secure online access to your records and 24/7 phone or Web access to physicians who can prescribe medication.



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