

HEALTHY *Life*

YOUR HEALTH, YOUR LIFE

TASTE OR TOSS IT
BEHIND THE
BEST-BY DATE

IS IT A COLD, THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**


VISTA
HEALTH SYSTEM

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Vista Health System have easy ways for you to drop off old medicine.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



Need a prescription refilled? If you're already a patient at Vista Physician Group, you can request a refill in the online Patient Portal. Learn more at VistaPhysicianGroup.com.

BACK TO ROUTINE?

After an unusual spring and long summer, going back to school might be harder than usual.

If classrooms open this fall as scheduled, it's going to be a big adjustment for students. Instead of just having two or three months off, most kids across the country have been out of their physical school buildings since March, and not everyone has been learning at the same pace.

As parents, one of the most important things you can do is to be supportive, child psychology experts say. Back-to-school anxiety is common, and given the stressful year everyone has had, it's crucial to let your child know that their feelings are normal.

One thing to help make the transition easier is to plan ahead for the changes in the morning and evening routine and discuss them with your child. Start practicing earlier wakeup and bedtimes a week or two before school starts. Involve your children in everything, from choosing school supplies to planning breakfasts, lunches and school clothes, so they feel some sense of ownership.

Positive feedback and reinforcement should help your child adjust. If you're worried about how they are handling the new routine after a couple of weeks in school, check in with your pediatrician.



It's not too late for a back-to-school physical. Vista Physician Group offers four convenient Lake County locations for school and sports physicals. Learn more and schedule an appointment at VistaPhysicianGroup.com.



Stock Up on *Healthy Foods*

These shelf-stable pantry items will ensure healthy meal prep.

Most families are cooking more in 2020 than they were in 2019, but that doesn't necessarily mean all your home-cooked meals have been healthy. To eat better — and to save money at the grocery store — follow these tips from the U.S. Department of Agriculture to stock your pantry with healthy staples.

- **Go all in on beans.** Dried or canned, beans are an easy way to add protein to meals, whether in a burrito, a casserole or on a salad. Look for low- or no-sodium canned beans.
- **Keep it cool.** Onions and potatoes stay fresh for months, if you store them in a cool, dark spot.
- **Sauce it up.** Keep salsa to add flavor and canned crushed tomatoes and tomato paste to make low-cost pasta sauce.
- **Variety is the spice of life.** A simple meal of beans and rice can become a dish inspired by Mexican, Cuban, Indian, Italian or Asian cuisines, depending on how you season it. Stock up on a variety of spices, so you're never eating the same meal twice.
- **Whole grains are great.** Brown rice (without added salt or butter) is healthy and easy to cook. Try grains like quinoa, barley and amaranth for an additional nutritional punch. And don't forget steel-cut or rolled oats for breakfast.



Meet with one of Vista's Certified Diabetes Educator Dietitians to get a plan for healthy eating that works for you. Call (847) 360-4154 to schedule an appointment or visit VistaHealth.com/Diabetes to learn more and download a healthy eating guide.

Eat HEALTHY for Your Heart

Whether you're worried about your heart health or want to make sure you won't have to be, every day is a good day to start eating a heart-smart diet.

Healthy eating and regular exercise are habits people at any age can adopt to prevent cardiovascular disease, according to the American Heart Association (AHA). That's not to say you can't ever have the occasional fried chicken sandwich, but you have to balance out your unhealthy splurges. Here's what the AHA recommends.

- **Don't eat more calories than you need.** Depending on your size, activity level and whether you're trying to lose weight, your daily caloric intake might need to be higher or lower than the average 2,000 calorie basis for nutrition facts labels. Determine how many calories you should be eating and then stay within that limit most days.
- **Do eat whole foods.** Your diet should revolve around fruits and vegetables, lean protein like fish, whole grains, low-fat dairy, nuts, and legumes. Limit intake of fats and oils to heart-healthy options, such as olive oil or avocados.
- **Skip foods high in salt and added sugars.** To curtail high blood pressure, try to limit sodium to less than 2,300mg per day, although 1,500mg per day does a better job. Added sugars, including high-fructose corn syrup, should be limited to 100 calories or six teaspoons for women and 150 calories or nine teaspoons of for men per day.
- **Limit alcohol use.** Although there have been varying studies to determine whether a daily glass of wine is good for your heart, the verdict is still out. The AHA recommends sticking to no more than one drink a day, whether it's wine or beer or whiskey, for a woman and two for a man.

CHOLESTEROL: THE GOOD, THE BAD AND TRIGLYCERIDES

Your body needs cholesterol to function. But if there's too much cholesterol, your arteries can become clogged. Still, not all cholesterol is the same. Here's what you should know.

High-density lipoprotein (HDL) is often referred to as "good" cholesterol because it carries excess cholesterol to your liver to be removed. Men should have more than 40 mg/dL in their blood, and women should have more than 50 mg/dL.

Low-density lipoprotein (LDL) is often called "bad" cholesterol. People should have less than 100 mg/dL.

Very-low-density lipoprotein (VLDL) carries triglycerides to tissues in your body. Triglycerides are fats found in oils and butter, and having a high level of them increases the risk of heart disease. A healthy VLDL level is under 30 mg/dL, and a healthy level of triglycerides is under 150 mg/dL.



Concerned about your heart health? Get answers you can take to your provider with Vista's Heart Risk Assessment. Visit VistaHeartRisk.com to take the assessment then visit VistaAnytime.com to schedule an appointment with your provider.

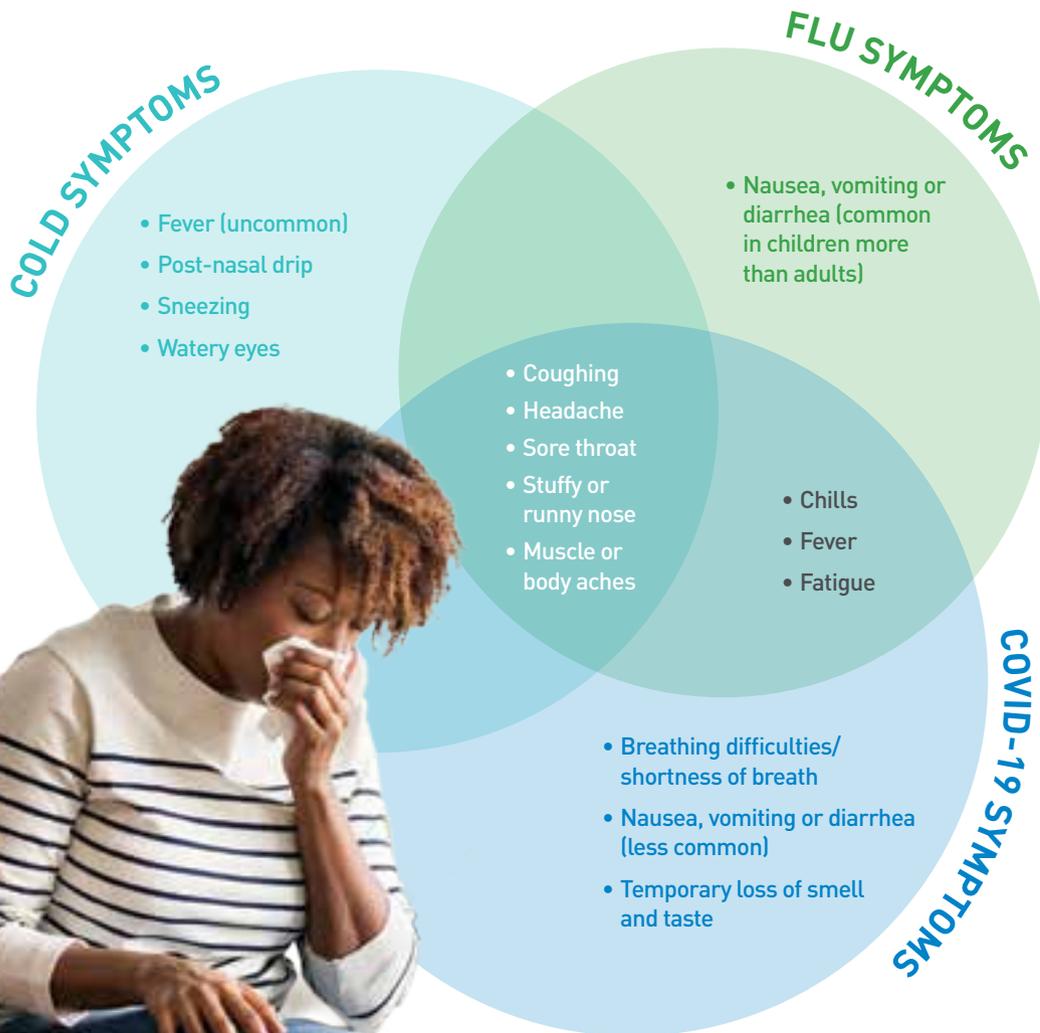
COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S
Cold: 2-3 days						
Flu: 1-4 days						
COVID-19: 2-14 days						

COLD VS. FLU VS. COVID-19 SYMPTOMS*



WHEN AM I CONTAGIOUS?

COLD:
From 1-7 days after symptoms

FLU:
From 1 day before to 7 days after symptoms; most contagious 3-4 days after

COVID-19:
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**

If you are concerned about your symptoms, call your primary care provider's office for guidance. Need a provider? Find one at VistaPhysicianGroup.com.

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

*Per the CDC, these are not all-encompassing lists, and some people may experience other symptoms. Sources: CDC, U.S. National Library of Medicine

Oh, the Places You Can Go for Care

Gone are the days when the doctor's office was your only option for care.



READY IN AN INSTANT

Medical emergencies are, by definition, unexpected, so it helps to be prepared so you don't have to make difficult decisions during a crisis. Have the following information saved in your phone or stored in a wallet and display it in an easily accessible place at home, such as on your refrigerator.

- a list of all your medical conditions
- a list of medications and supplements you currently take, with the dose and the frequency
- names and contact information for your primary care provider and any specialists who treat you
- your emergency contact

In addition, be sure your spouse or another trusted adult knows the location of any legal documents, such as a living will or healthcare proxy form, in the event you cannot make decisions for yourself.

Today, you have more choices than ever for how to access medical care — and you don't even have to visit a doctor's office to get it. Consider your options and determine how best to access the care you need, when you need it.

SEE YOUR PCP

Your primary care provider (PCP) can develop a long-term relationship with you and get to know your specific health needs and risks. He or she is a trusted resource for preventive care, such as annual wellness visits. Your PCP also treats injuries and acute illnesses, performs some screenings and can refer you to mental health services, if needed.



CONNECT THROUGH TELEHEALTH

Video visits offer you face time with a provider — often without a wait — when you need immediate care for an illness, such as a cold, sinus infection, sore throat or earache. Telehealth providers can also evaluate skin and eye conditions and, in some cases, provide counseling.



If an illness or injury could lead to death or permanent disability, consider it an emergency. Call 911 or seek care in the Emergency Room.



IN AN EMERGENCY

Potentially life-threatening symptoms, such as chest pain, difficulty breathing and the sudden inability to talk, see, walk or move, warrant emergency care. Either call 911 or visit the Emergency Room (ER). The ER is also a better place to seek care for severe burns, broken bones and other serious injuries.



Learn about measures we've taken to help safeguard the health of all patients during this extraordinary time. Visit [VistaHealth.com](https://www.vistahealth.com) to see how we are OPEN, SAFE and READY to care for you in an emergency. You can also visit [VistaPhysicianGroup.com](https://www.vistahealth.com/physician) to learn more about telehealth options and safety measures in place at your provider's office.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.

Making the Most OF Telehealth

You now have a choice of in-person or telehealth visits at most clinics. Learn what you can do to have a smooth, successful video visit with your provider.

Many physician offices and clinics now offer telehealth in addition to in-person appointments for wellness exams and sick visits. Video visits give patients access to care from the comfort of home while practicing social distancing.

If you are new to telehealth, the following do's and don'ts can help you navigate this new world:

- **Do** follow your physician office's pre-visit instructions. After scheduling your appointment, you may receive instructions for preparing for the visit, such as how to download a video conferencing app or take certain vital signs. Be sure to follow these directions carefully.
- **Don't** go into the appointment without important information. This includes your medical history, a medication list, notes about symptoms you've experienced, a list of questions you'd like to ask your primary care provider (PCP) and vital signs you've taken at home, such as blood pressure and weight.
- **Do** pick a quiet spot and check your tech. Find a place in your home where you won't be disturbed during your appointment and be sure your internet connection is working. If you'll be using a laptop, tablet or smartphone, charge it before the appointment.
- **Don't** let a video visit change your behavior. You and your PCP won't be in the same room, but don't let that intimidate you. Talk with him or her as you normally would — be open and ask questions. Make sure you understand your treatment plan and the next steps to take before ending the call.

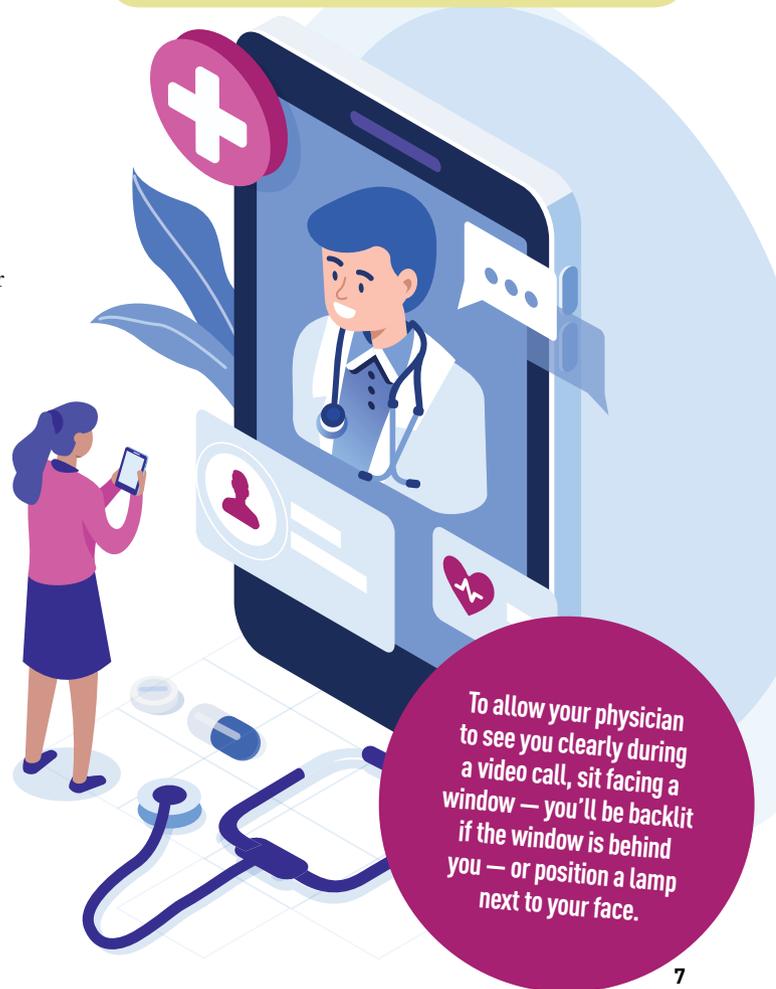
YOUR SHOTS AT PREVENTION

As you age, one of the most important things you can do for your health is to stay up to date with recommended vaccines. Getting vaccinated helps keep you safe from serious diseases, protects people who can't get vaccinated through herd immunity and sets a good example for your children.

According to the Centers for Disease Control and Prevention, adults need these vaccines:

- annual flu vaccine
- HPV vaccine before age 27, which protects against human papillomaviruses that can cause cancer
- one-time Tdap vaccine, which protects against tetanus, diphtheria and pertussis, followed by a Td (tetanus and diphtheria) booster every 10 years
- pneumococcal vaccine at age 65 or older
- shingles vaccine at age 50 or older

You may need additional vaccines or require certain vaccines earlier than most people based on your medical history. Be sure to discuss vaccines with your primary care provider at your annual physical exam to ensure you're on schedule.



Vista Physician Group offers telehealth visits via video chat and phone call through your smartphone, tablet or computer. Our staff is ready to help get you connected. Make an appointment at VistaAnytime.com or call your provider's office.

MISSING *Links?*



For many people, staying at home during the COVID-19 pandemic made clear just how much we need other people — and how important socialization is to health.

In a time when widespread change has introduced new stress into life, friendship is good medicine. Staying connected — or reconnecting — with friends via phone, video conferencing apps or in-person (while respecting social distancing guidelines) can help relieve stress and lower blood pressure levels. That, in turn, may benefit your heart, digestive and immune systems. Socialization may also help reduce a driver of inflammation that's associated with Alzheimer's disease, osteoporosis, heart disease and certain types of cancer, according to the National Institute on Aging.

Increasing your social circle can be challenging during an era of social distancing, but it's not impossible. To make new friends at a distance, you can:

- Get involved in an online community of individuals with whom you share an interest or life experience, such as painting, parenting, hiking, baking or yoga.
- Join a virtual book club through your local library or by searching online for one that interests you.
- Reach out to someone from work, church or the gym whom you've wanted to get to know better.
- Volunteer at your local food bank, where you can do good for others and meet new people.



If you experience symptoms of depression, speak with your primary care provider (PCP), who may refer you to a behavioral health specialist. To find a PCP, call (847) 599-1142 or visit VistaAnytime.com.

UP AND AT 'EM!

Starting each day with exercise benefits you in more ways than one.

It can be hard to find the energy to add an exercise routine to your day, but getting started first thing in the morning may help you:

- **Lose more weight.** A 2019 study in the *International Journal of Obesity* found people who worked out before noon lost more weight than people who worked out after 3 p.m.
- **Be more alert.** A workout first thing is even better than caffeine to wake you up, and you'll have better focus throughout the day.
- **Sleep better.** Multiple studies have shown that people who work out in the morning are more likely to sleep better than people who exercise at night.
- **Eat less the rest of the day.** A study in the journal *Medicine & Science in Sports & Exercise* found that women who worked out were less interested in food that day.
- **Finish your workout.** If you hit the gym before work, the inevitable unscheduled detours that can occur during your day — taking a sick child to the doctor or attending an impromptu happy hour with friends — are less likely to prevent you from accomplishing your exercise goals.



If you've tried diets and exercise and still need help to lose the weight, call (847) 360-2439 to speak with a Vista dietitian about weight-loss options. Vista offers both surgical and nonsurgical options. Learn more at VistaHealth.com/WeightLoss.



THE AGE OF Activity

As you age, one of the keys to maintaining health is to keep moving.

Few things benefit as many aspects of your physical and emotional health as exercise. Physical activity can help you do the things that matter most to you, such as traveling or playing games with your grandchildren, and maintain the independence you cherish. It can help you sleep better, move more easily, avoid falls, and reduce your risk for or recover faster from certain health problems, such as heart attack or stroke.

Many people say exercise makes them feel good. That's because one of its emotional benefits is improved mood. Physical activity also reduces your risk for depression and may help your brain function more effectively, according to the National Institute on Aging.

GET READY TO MOVE

Older adults should participate in 30 minutes of moderate-intensity aerobic activity five days per week and weight-training activities two days per week, according to the Centers for Disease Control and Prevention. Need inspiration? Consider this plan for an active week:

- **Sunday** — Take a brisk walk on your favorite trail.
- **Monday** — Dance with your grandchildren in-person or by using a video conference application.
- **Tuesday** — If you've never done yoga, find a beginner's video for older adults online and give this ancient practice a try.
- **Wednesday** — Do wall push-ups while watching your favorite show.
- **Thursday** — Rediscover a childhood favorite by going for a bike ride.
- **Friday** — Weed, prune or spread mulch in your garden.
- **Saturday** — Do stationary lunges while listening to an audiobook or podcast.

PUT YOUR BONES TO THE TEST

Need another reason to exercise? Weight-bearing activity strengthens your bones, which is especially important as you age. Over time, natural, accelerating loss of bone mass may increase your risk for osteoporosis, which makes bones weak and prone to fracture.

Bone loss doesn't cause symptoms, which is why many people don't learn they have osteoporosis until a fracture occurs. You can find out sooner by undergoing a dual-energy X-ray absorptiometry (DEXA) scan, a common type of bone mineral density test. A DEXA scan is a noninvasive imaging exam that measures bone mineral density in different parts of your body, typically in the hip and spine.

The test can show whether you have osteoporosis or its predecessor, osteopenia. The U.S. Preventive Services Task Force recommends that women ages 65 or older have a bone mineral density test. The task force also recommends that younger women who have undergone menopause have the test if they are at high risk for osteoporosis.



Check with your primary care provider (PCP) before trying a new exercise to be sure it's safe for you. Don't have a PCP? Find one by visiting VistaPhysicianGroup.com.

A good pair of shoes is an essential piece of exercise equipment. Be sure your athletic shoes are a fit for your activity of choice, are in good condition, have nonskid soles and provide adequate arch support.

The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



RESOURCES TO QUIT SMOKING

- The American Lung Association's Freedom From Smoking program has been around for decades and helped over 1 million people quit tobacco use. Classes and support groups are available online and across the country, along with a telephone hotline.
- The National Cancer Institute has two free smartphone apps, QuitGuide and quitSTART, that can help you assess your tobacco use habits and provide needed distractions to counter cravings.
- There are numerous other apps, some free and some paid, that can help you track how much or how little you are smoking, if you aren't quitting cold turkey. Some apps even tally up the amount of money you're saving with every tobacco product you don't use.
- Your state health department has trained counselors available. Call 1-800-QUIT-NOW.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Concerned about your risk for lung cancer? Speak with your primary care provider about a low-dose CT scan. Call (847) 599-1142 to schedule or visit VistaPhysicianGroup.com.

WANT TO READ MORE?

Visit VistaHealth.com/signup to receive other health and wellness articles and register for our eNewsletter.

Vista Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at VistaHealth.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (847) 360-3000 (TTY: (800) 526-0844).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (847) 360-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (847) 360-3000 (TTY: (800) 526-0844).

VOLUME 12 · ISSUE 3 | **Want More?** Visit VistaHealth.com/signup to sign up for our eNewsletter! | VistaHealth.com

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

INTRODUCING **SIMPLE + PRICE**

HEALTHCARE PRICING MADE EASY.

Healthcare pricing can be confusing. We heard your concerns and created a new option for you. To simplify things, we now offer a pre-pay pricing plan called **SIMPLE+PRICE**. No insurance involved. No confusion. No surprises. Just an up-front price for some of the most common imaging and lab tests offered. Simple.

So if you need an X-Ray, Ultrasound, CT, MRI or lab test, just call us and get a **SIMPLE+PRICE** quote. This single price, paid up front, includes hospital and Radiologist reading charges.

You can pay over the phone or in person by stopping by the hospital's Cashier during regular business hours. If your procedure takes place after hours or on the weekend, our registration department can process the payment. We accept credit cards, cash and some personal checks. When you take advantage of **SIMPLE+PRICE**, you'll get a receipt for your payment in full prior to the procedure or test. It's as simple as that.

**CALL 847-360-4311 for
a SIMPLE+PRICE Quote.**



SIMPLE + PRICE MENU:

- + Chest X-Ray
as Low as **\$85**
- + Mammogram
as Low as **\$175**
- + Head CT Scan
as Low as **\$262**
- + Lower Back MRI Scan
as Low as **\$528**
- + Many other services.
Call and ask.

***SIMPLE+PRICE** may not be used in conjunction with insurance. It also does not include further testing that may be ordered by your physician. All payments must be made prior to testing or procedure.