



Innovative Health Programs that Build Connections with Consumers

Scott Spencer, SVP, Insurance & Financial Services,
NRECA

HIT Summit Session 2.03 Friday, 1:30 PM



What is NRECA?

NRECA INSURANCE & FINANCIAL SERVICES

- Membership Association of more than 1,000 Rural Electric Cooperatives
- Collectively electric cooperatives serve over 36 Million Consumers in 47 states
- 60 Years of Service to Rural America
- NRECA Represents the Largest Energy Network, Covering Over 80% of the Country

Products and Services

NRECA INSURANCE & FINANCIAL SERVICES

Medical Plans

- PPO and Indemnity Plans
- Prescription Drug Plan
- Vision Plans
- Dental Plans
- Customized plan designs

Medical Plan Overview

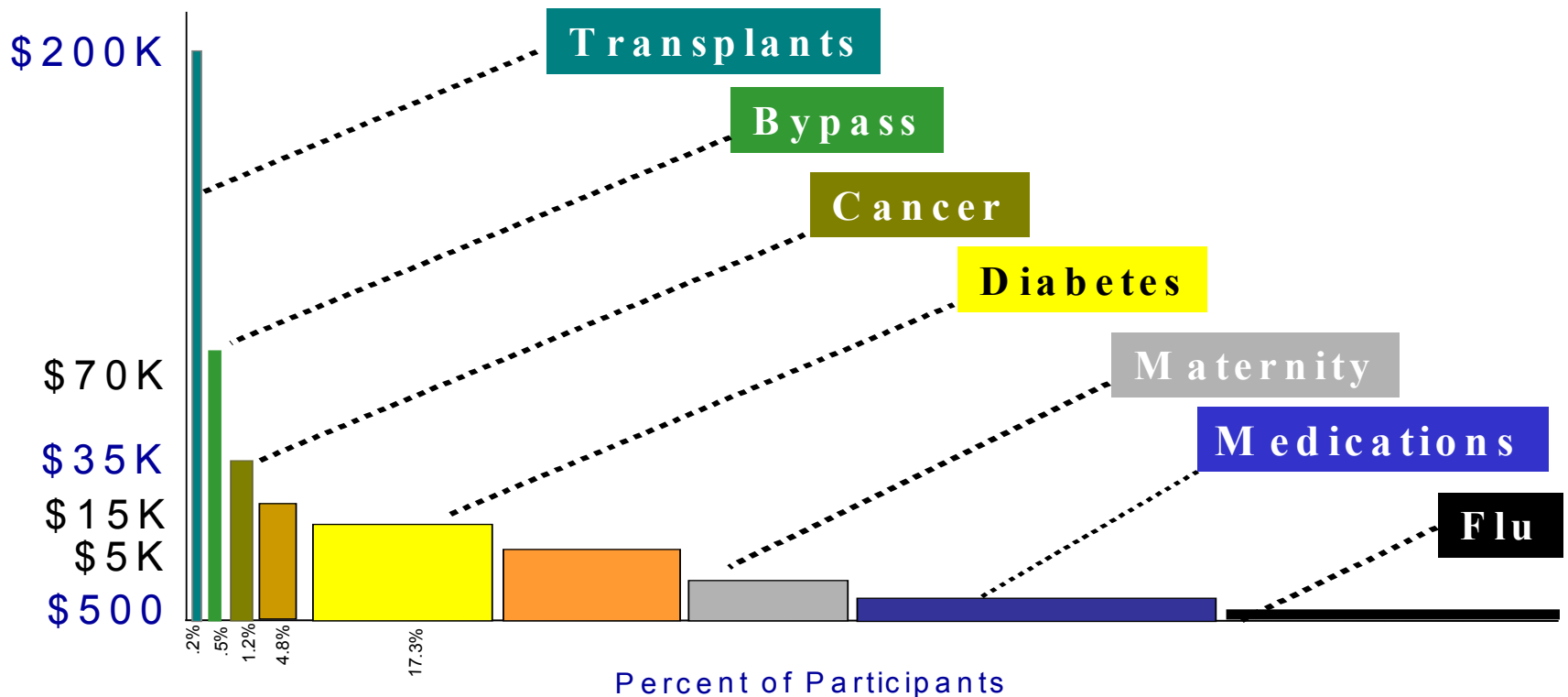
NRECA INSURANCE & FINANCIAL SERVICES

- 125,000 Lives in 47 States
- \$400 Million in Premiums in 2003
- 691 Co-Ops Participating

The Health Care Continuum

NRECA INSURANCE & FINANCIAL SERVICES

Containing costs means addressing needs at all points along the health care continuum



To empower participants you must surround them with tools and support

Personal Health Coach

Centers of Excellence

Assess your health condition/risks

Best treatments

Prevention and screenings

Best hospital for your surgery

Questions to ask your doctor

Managing your chronic condition

Drug information

Research a disease

Find a Doctor



MyHealth Website Demonstration

NRECA INSURANCE & FINANCIAL SERVICES

- **Entry** via “Cooperative.com” Website
- **Secure Access** - individuals registered and authenticated
- **Customization** – information displayed is specific to individual and his or her co-op.

MyHealth Web Site (Illustrative Case Study)

NRECA INSURANCE & FINANCIAL SERVICES

Female

Age 55

Healthy

Lives in Northern VA

Participates in Health Screenings

My Retirement Accounts
My Insurance Plans
My Health
Wellness & Family
Understand Your Condition
Choose the Right Treatment
Choose the Right Provider
Medications
Support Groups

MyHealth

Welcome to your home for information about your health, medical conditions and tools to help you make good choices.



Wellness & Family

Keep your family well using calorie counters, remedies for minor wounds and more. [▶](#)



Understand Your Condition

Get help with your condition from well-known medical sources. [▶](#)



Choose the Right Treatment

Use these tools to help you decide which treatment is right for your condition. [▶](#)



Choose the Right Provider

Learn about area health providers, find the right hospital for you and more. [▶](#)



Medications

Learn more about your medication choices and how to be a better health consumer. [▶](#)



Support Groups

Find links for support groups that can help you cope with many common conditions. [▶](#)



My Health News

Saturated Fats, Trans Fatty Acids and High Cholesterol: The Good, the Bad and the Ugly

Just kidding. When it comes to coronary heart disease, there are few good fats, and the only good cholesterol is low cholesterol ... [More](#)

National Rural Electric Cooperative Association
A Tricolours Energy Cooperative

HOMESTEAD

My Retirement Accounts
My Insurance Plans
My Health
Wellness & Family
Understand Your Condition
Choose the Right Treatment
Choose the Right Provider
Medications
Support Groups

MyHealth



WELLNESS & FAMILY



Wellness means staying and these resources can family in good health.



[Ten Tips for Sleep](#)
Sleep affects throughout improve yo



[Mind/Body](#)
Learn how mental atti happiness

Tools



[Find Out What Your Food](#)



[Calculate Your Body Mass Ind](#)



[Take a Health Survey](#)

TOPICS OF INTEREST

- [Prevention](#)
- [Diet and Exercise](#)
- [Stress Management](#)
- [Women's Issues](#)
- [Men's Issues](#)
- [Parenting](#)
- [Elder Care](#)

National Rural Electric Cooperative Association
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HOMESTEAD FUNDS INC.

My Retirement Accounts
My Insurance Plans
My Health
Wellness & Family

- First Aid**
- [CPR Can Make You a Lifesaver](#) Learn the basics of CPR so you may be able to help save others.
 - [First Aid](#) Find out what to do for many common injuries, from the basics to what to do after an injury.

Choose the R Treatment
Understand Y Condition
Choose the R Provider
Medication
Support Group

Are You at Risk?

- [Sun Sense: There Are No Healthy Tans](#) Learn about the risks of exposure to the sun and what you can do to prevent sun damage.
- [Your Cancer Risk](#) Use this interactive tool from the Harvard Center for Cancer Prevention to find out your risk for developing any of 12 different types of cancer.
- [Diabetes Risk Test: Do you have diabetes?](#) Find out if you could be one of 5.2 million Americans who don't know they have diabetes.



kits,

d

s

Developed by



Harvard
Center for Cancer Prevention

Harvard Center for Cancer Prevention

Your Cancer Risk™

The Source on Prevention

Your Cancer Risk estimates your risk of cancer and provides personalized tips for prevention. It doesn't tell you if you'll get cancer or not. Anyone can use Your Cancer Risk, but it's most accurate for people age 40 and over who have never had any type of cancer.

Take a few minutes to answer some questions. Find out how to lower your risk and where to focus your prevention efforts.

Because the best way to fight cancer is to keep it from starting.

What is Your Risk?

Click below to find out:

Breast Cancer

Prostate Cancer

Lung Cancer

Colon Cancer

Bladder Cancer

Melanoma

Uterine Cancer

Kidney Cancer

Pancreatic Cancer

Ovarian Cancer

Stomach Cancer

Cervical Cancer

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Wellness & Family

Keep your family well using calorie counters, remedies for minor wounds and more. [▶▶](#)



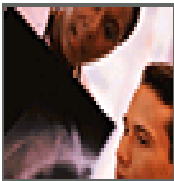
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Get help with your condition from well-known medical sources. [▶▶](#)



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Use these tools to help you decide which treatment is right for your condition. [▶▶](#)



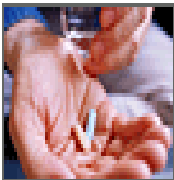
Choose the Right Provider

Learn about area health providers, find the right hospital for you and more. [▶▶](#)



Medications

Learn more about your medication choices and how to be a better health consumer. [▶▶](#)



Support Groups

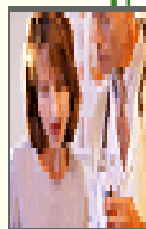
Find links for support groups that can help you cope with many common conditons. [▶▶](#)



National Rural Electric Cooperative Association
 A Tractor Energy Cooperative

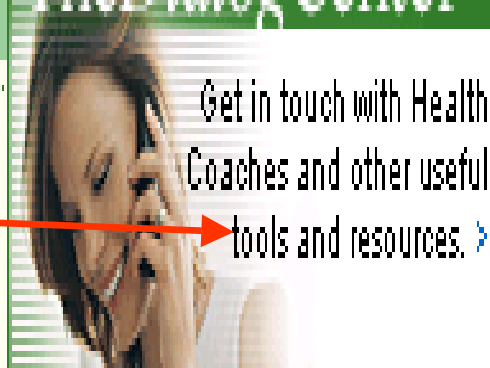
HOMESTEAD

MyHealth



UNDERSTAND YOUR CONDITION

The Dialog Center

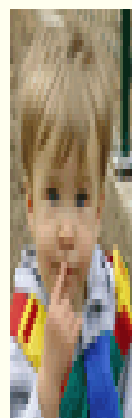


Get in touch with Health Coaches and other useful tools and resources. >

If you're looking for help understanding your condition, you're in the right place. These tools can help you find out more about your condition and what you can do.

Tools

All
Se
lea
Au



[Look Up Medical Terms](#)



[Assess Your Health Personality](#)



[Print Questions to Ask Your Doctor](#)



[Research Your Condition](#)

Pa

- My Retirement Accounts
- My Insurance Plans
- My Health
- Wellness & Family
- Understand Your Condition
- Choose the Right Treatment
- Choose the Right Provider
- Medications
- Support Groups



← Back to NRECA MyHealth

THE DIALOG CENTER

Dialog CenterSM

| My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out

Ann E. Member - June 16, 2004 | ✉

Home

Dialog Room

Health Information

Health Tools

Resources



Welcome

Dialog Room - Health Coach Message Center, Bookmarks from a Health Coach

Health Information - Healthwise® Knowledgebase encyclopedia, Health CrossroadsSM health decision-support Web site, Bookmarks from My Research

Health Tools - Health Survey, Symptom Diaries, Medication List



Go back to... ▾

[Printer-Friendly](#)

Breast Cancer

Topic Overview

What is breast cancer?

Breast cancer is a disease in which cells in the breast grow in an uncontrolled manner.

[Breast cancer](#) is the most common type of cancer and a leading cause of cancer deaths in both men and women. ^{1,2}

What is the structure of the normal breast?

Each breast is made up of 15 to 20 sections called [lobules](#) (the mammary, or milk-producing glands) and other by thin tubes called ducts.

What are the different types of breast cancer?

- Ductal cancer, which affects the cells of the ducts.

Topic Contents

- ▶ [Topic Overview](#)
- [Health Tools](#)
- [Cause](#)
- [Symptoms](#)
- [What Happens](#)
- [What Increases Your Risk](#)
- [When to Call a Doctor](#)
- [Exams and Tests](#)
- [Treatment Overview](#)
- [Prevention](#)
- [Home Treatment](#)
- [Medications](#)
- [Surgery](#)
- [Other Treatment](#)
- [Other Places to Get Help](#)
- [Related Information](#)
- [References](#)

Breast Cancer

When to Call a Doctor

Any of the following symptoms of breast problems need to be checked by a health professional:

- A lump or thickening in the breast or armpit that is new or unusual
- A change in the size or shape of the breast
- Skin changes, such as a dimple or pucker in the skin of the breast
- Discharge or bleeding from the nipple that comes out without squeezing the nipple (spontaneous discharge)
- Recent changes in the nipple, such as a nipple that is now drawn inward (retraction or inversion)
- Scaling or crusting of the nipple
- A change in the color or feel of the skin of the breast or the darker area around the nipple (areola)
- A breast lump in an adult man

My Retirement Accounts

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MyHealth



CHOOSE THE RIGHT PROVIDER

You need to decide which provider is right for you. We can help. Use these resources to help you find a doctor, find a hospital, learn what to look for in a provider and more.



[Talk to Your Doctor](#)

Get tips from the National Eye Institute to help you talk to your eye doctor.



Find a Doctor

Need a specialist or family doctor? Find a good match in your area. >



Find a Hospital

Find the hospitals closest to you and see how they rank. >

You Have Chosen: Virginia Physicians

You can compare physicians **by specialty**, or find a physician **by**

Compare Physicians by Specialty

OR

1 Choose a Specialty (See [specialty glossary](#))

Oncology

2 Choose a Location (See [county map](#))

Type ZIP
code

22046

OR

Choose a county

Accomack

Distance from this ZIP code:

Only in this Zip code

Within 5 miles

Within 10 miles

Within 25 miles

Within 50 miles

Within 100 miles

3

OPTIONAL - To further narrow your search, select from the choices below:

Managed Care Plan Affiliation:

Alliance

overview

background

office

Doctor

Click on name to see profile & ratings

Info

Added by Dr.

Board Certified

Years in Practice

City

Primary Hospital Affiliation

Managed Care Plan Affiliations

Gender

[Aksentijevich, Ivan](#)

Alexandria



[Aksentijevich, Ivan](#)

Fairfax



[Beveridge, Roy A](#)

Annandale



Male

[Beveridge, Roy A](#)

Fairfax



Male

[Binder, Richard A](#)

1972

40

Annandale

Fairfax Hosp:
Falls
ChurchVA

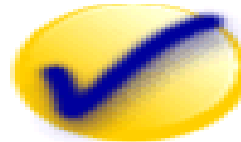


Male



[Map](#)

[to this Doctor's Office](#)



[Patients:](#)

[Share Your Experience](#)

Richard A Binder

[Experience](#) | [Affiliations & Plan ID No.](#) | [Patient Feedback](#)

Gender: **Male**

Primary Specialty: **Hematology**

Secondary Specialty: **Oncology**

Primary Office Address: **Ste 400, 8503 Arlington Blvd
Fairfax, VA 22031**



Phone Number: **(703) 280 - 5390**

Fax Number: **(703) 280 - 9596**

Licensing Information: **Check [State Medical Board](#) web site.**

Experience

[▲ Top](#)

Medical School: **Tufts U**

Primary Board Certification in: **Hematology**

Year: **1975**

Secondary Board Certification in: **Oncology**

Year: **1972**

Years in Practice: **40**

Currently Teaching at: **Clin Prof Med, Georgetown U: Boston MA (70-71)**

Affiliations

[▲ Top](#)

Hospital Affiliation: **Fairfax Hosp: Falls ChurchVA**

Managed Care Plan Participation: **Alliance**
(* indicates physician is not accepting new patients through this plan)

Patient Feedback



QUESTION	AVERAGE RATING	Excellent	Very Good	Good	Fair	Poor	Does not apply
Ease of making an appointment:	3.7	0	2	1	0	0	0
Waiting time in the doctor's office:	3.0	0	0	3	0	0	0
Courtesy of the doctor's office staff:	4.7	2	1	0	0	0	0
Amount of time you had with the doctor:	4.7	2	1	0	0	0	0
Respect shown by the doctor for what you had to say:	4.0	0	3	0	0	0	0
Thoroughness of preventive care advice you received:	3.3	0	1	2	0	0	0
Doctor's ability to explain things in a way you could understand:	3.7	0	2	1	0	0	0
Overall medical care at your doctor's office:	3.7	0	2	1	0	0	0

My Retirement Accounts

My Insurance Plans

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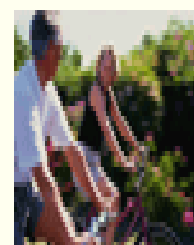
CHOOSE THE RIGHT TREATMENT

When your health is at stake, the right treatment makes all the difference. Use these tools and resources to help you make the right choices.



Treatment of High Blood Pressure

Learn how to adjust your lifestyle and medications to help you control your blood pressure.



Exercise and a Healthy Heart

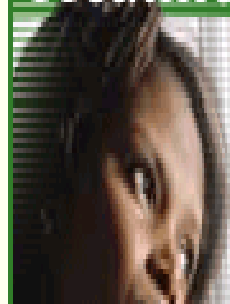
As a general rule, it's better for someone with heart failure to stay active. Find out why from the American Heart Association.

The Dialog Center



Get in touch with Health Coaches and other useful tools and resources. >

Treatment Options



Knowing all of your options can help you make the right choice. >

PATIENT2PATIENT GUIDES

My Retirement Accounts
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Welcome to the Treatment Options tool. To begin, choose one of the conditions below. You will be asked to log in or create an account. To protect your privacy, each condition takes you to a separate account that requires a separate ID. If you have any questions, please [contact NRECA](#).

CANCER

- [Bladder](#)
- [Breast](#)
- [Cervical](#)
- [Colorectal](#)
- [Hodgkin's Disease](#)
- [Kidney](#)
- [Leukemia - Adult ALL](#)
- [Leukemia - Adult AML](#)
- [Leukemia - Adult CML](#)
- [Lung - Non-Small Cell](#)
- [Lung - Small Cell](#)
- [Melanoma](#)
- [Multiple Myeloma](#)
- [Non-Hodgkin's Lymphoma](#)
- [Oral Cavity and Oropharynx](#)
- [Ovarian](#)
- [Pancreatic](#)
- [Prostate](#)
- [Testicular](#)
- [Uterine](#)

HEART

- [Atrial Fibrillation](#)
- [Coronary Artery Disease](#)
- [High Blood Pressure](#)
- [Cholesterol](#)
- [Heart Failure](#)

◀ [BACK TO NRECA MYHEALTH](#)

TREATMENT OPTIONS

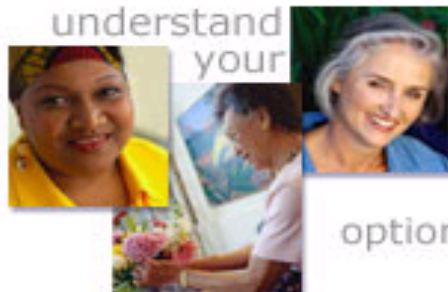
NexProfiler™ Tool for Breast Cancer Type: Newly Diagnosed

 [Log out](#)



NexProfiler Toolbox for Cancer Your Treatment Option Tools

understand
your



options

Learn how your diagnosis and test results may affect the treatment decisions that you will make with your physicians.

[▶ TREATMENT OPTIONS TOOL](#)

compare
your



options

Gain direct access to the survival, progression, and recurrence outcomes that have been reported in leading scientific medical studies.

[▶ TREATMENT OUTCOMES TOOL](#)

[BACK TO NRECA MYHEALTH](#)

TREATMENT OPTIONS

NexProfiler™ Tool for Breast Cancer Type: Newly Diagnosed

[Toolbox](#)[Glossary](#)[Suggestions](#)[Help](#)[Log Out](#)

Options Tool

[◀ Previous Step](#)[Treatment Options Menu](#)[Save & Continue to Next Step ▶](#)**STEP 2. BREAST CANCER QUESTIONNAIRE**

Just as each person is unique, so is each diagnosis of breast cancer.

Your personalized **Treatment Options Report** will be based on the answers to specific questions about you, your cancer, the results of diagnostic tests, and your doctor's medical evaluation. **Remember, only 9 questions are required but completing all will provide you with a more comprehensive report.** You may add additional information at any time as you acquire it from your physician. Some questions may require assistance from your oncology doctor or nurse.

Please note:

In some cases (although not common), separate and unrelated tumors can develop in both breasts and are discovered at the time of diagnosis. If this situation applies to you, you will need to profile each breast cancer separately, using a separate username and password for each tumor.



[Toolbox](#)



[Glossary](#)



[Suggestions](#)



[Help](#)



[Log Out](#)

Options Tool

[◀ Previous Step](#)

[Treatment Options Menu](#)

[Next Step ▶](#)

STEP 4. TREATMENT OPTIONS REPORT



Primary Treatment Options

This information is for educational purposes only and is not a substitute for medical advice or treatment. Please discuss this information with your physician.

The Treatment Options Report lets you compare treatment options using color-coded keys.

Click on each treatment to learn more:

- [Mastectomy](#)
- [Breast Conserving Surgery + Radiation Therapy](#)
- [Clinical Trials](#)

Mastectomy

Summary Report:



TREATMENT KEY

Treatment Factors to Consider

Your Answer

Key

Has your cancer spread to other organs such as the lung, liver, or bone (Stage IV disease)?

No

OK

Are you in good general health?

Yes

OK

Are you minimally able to care for yourself and only need assistance occasionally?

Yes

OK

Does your doctor say you are a surgical candidate (medically fit and a good surgical risk)?

Yes

OK

Does your doctor say your tumor can be removed by surgery (is operable/resectable)?

Yes

OK

Do you have cancer appearing microcalcifications throughout the breast?

No



Discuss with MD

Do you have:

- multiple tumors in the same area (quadrant), **or**
- tumors in more than one area (quadrant) of the breast?

No



Discuss with MD

Do you have cancer appearing microcalcifications throughout the breast?

No

Discuss with MD



Discuss with MD:

1. Does this change my outcome?
2. If I don't have microcalcifications throughout the breast, can I still have this surgery?
3. Should I consider other treatment options?

Do you have:

- multiple tumors in the same area (quadrant), **or**
- tumors in more than one area (quadrant) of the breast?

No

Discuss with MD



Discuss with MD:

1. What does this mean in my case and how does this affect my treatment options for surgery?

Treatments combined with Mastectomy



- Adjuvant Radiation Therapy Following Mastectomy
- Adjuvant Chemotherapy
- Adjuvant Hormone Therapy

Choose a button below to learn more about Mastectomy



▶ **TREATMENT DESCRIPTION**



▶ **SIDE EFFECTS INFORMATION**



▶ **ADVANTAGES & DISADVANTAGES**



▶ **TREATMENT COMBINED WITH THIS TREATMENT**

STEP 4. TREATMENT OPTIONS REPORT

Mastectomy

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Treatment Description

Nearly all patients with breast cancer have some type of surgery. Surgery is the oldest form of cancer treatment. Surgery is considered "local" therapy as it affects only a small area of the body as compared with "systemic therapy," such as chemotherapy or hormone therapy that affects the entire body.

Overview of the Mastectomy Procedure

Mastectomy is the surgical removal of the entire breast (including the nipple and [areola](#)) and usually some of the [axillary](#) lymph nodes. Mastectomy is an appropriate treatment for any patient whose personal preference is not to preserve the breast or undergo postoperative radiation therapy that is routinely given following breast conserving surgery (breast preserving surgery or lumpectomy).

Mastectomy is also appropriate for patients who are not candidates for breast conserving therapy due to factors such as tumor size (e.g., more widespread disease for invasive and noninvasive ([ductal carcinoma in situ, DCIS, Stage 0](#)), tumor margins, relationship of breast size to tumor size (e.g., anticipated poor cosmetic result), location of the tumor in the breast, inability to tolerate radiation therapy, or other medical conditions. Radiation therapy following mastectomy may still be recommended for some patients due to factors such as advanced disease or an increased risk of tumor recurrence in the chest wall.



Side Effects Information

Possible side effects for Mastectomy

surgical side effects/complications -

Common Postoperative Side Effects

Normal and expected postoperative effects of surgery include pain, nausea and/or vomiting, bowel and bladder (difficulty passing urine or having a bowel movement), fatigue and anxiety. Individuals will vary in their experience and recovery process. Generally, these effects are due to the general anesthesia used during surgery, along with the stress of the surgical procedure on the body. Your doctor will prescribe medication to relieve pain, nausea and vomiting, and constipation as needed.

- A catheter (a small tube connected to a drainage bag) is placed in the bladder during surgery to drain urine and will remain in place after surgery until you are able to void on your own. Occasionally, a urinary tract infection may occur because of surgery or the placement of a urinary catheter. Urinary tract infections are treated with antibiotics. Fatigue and anxiety usually resolve with recovery from surgery.



Advantages & Disadvantages

Treatment Advantages

Short hospital inpatient stay, usually 1-3 days

Outpatient (same day) surgery may be possible for some women, if desired and the physician approves

A wide variety of excellent breast prostheses and lingerie products are available and are usually covered by most insurance plans; insurance coverage may be limited and should be verified before any purchases

Breast reconstruction is an option for most patients, if desired

Participation in a clinical research trial is appropriate for patients with any stage of disease and treatment

Sentinel lymph node mapping and biopsy may be an option, thus avoiding the potential complications of axillary lymph node surgery

No need for future mammograms on the affected side

Treatment Disadvantages

Grief, loss, and depression over losing the breast and body image changes, including changes in personal feelings of femininity and sexuality

Breast prostheses and lingerie items may be costly and not fully covered by insurance

Radiation therapy may be necessary following surgery to decrease the risk of recurrence in the breast region or chest wall

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CHOOSE THE RIGHT PROVIDER

You need to decide which provider is right for you. We can help. Use these resources to help you find a doctor, find a hospital, learn what to look for in a provider and more.



Find a Doctor

Need a specialist or family doctor? Find a good match in your area. >



Find a Hospital

Find the hospitals closest to you and see how they rank. >



Talk to Your Doctor

Get tips from the National Eye Institute to help you talk to your eye doctor.

Find a Hospital

Hospital care can vary dramatically and not all hospitals provide the best care in all situations or for every type of illness. Please make the following selections to compare several hospitals based on what is most important to you. Use of this tool is [completely confidential](#).

BASIC INFORMATION

Category:
Cancer

Procedure/Diagnosis:
Mastectomy, Total

Zip or Town:
22046

Within:
50 miles

[Continue](#)

[Find a Doctor](#)[Frequently
Asked
Questions](#)[Take the
Survey](#)[Close](#)

<u>Name</u>	<u>City, State</u>	<u>Distance</u>	<u>Number of Patients</u> 	<u>Compare</u>
<u>Mercy Medical Center</u>	Baltimore, MD	41 mi	149	
<u>Fairfax Hospital</u>	Falls Church, VA	3 mi	132	
<u>Anne Arundel Medical Center</u>	Annapolis, MD	37 mi	117	
<u>Greater Baltimore Medical Center</u>	Towson, MD	46 mi	100	
<u>Suburban Hospital</u>	Bethesda, MD	10 mi	75	

[Summary](#)[Patients/yr](#)[Mortality](#)[Complications](#)[Length of Stay](#)[Cost](#)[Other Evals](#)

Report on Mastectomy, Total

Falls Church, VA. 50 miles

Data Source: All Patients

This report compares hospitals within 50 miles of Falls Church, VA for Mastectomy, Total, and is based on your selections and rankings. This is just one of several sources you should consult to select a hospital; always consult your physician about what decision is right for you. [Click here for more information](#)

[New Search](#) | [Change Hospitals](#) | [Change Rankings](#)

Name	Rank	Index	Patients/yr	Mortality	Complications	LOS	Cost
Greater Baltimore Medical Center	1 st	2.11	4 th	-	1 st	2 nd	1 st
Anne Arundel Medical Center	2 nd	2.78	3 rd	-	3 rd	1 st	3 rd
Fairfax Hospital	3 rd	3.00	2 nd	-	2 nd	5 th	5 th
Mercy Medical Center	4 th	3.11	1 st	-	5 th	2 nd	4 th
Suburban Hospital	5 th	3.89	5 th	-	4 th	4 th	2 nd

[Summary](#)[Patients/yr](#)[Mortality](#)[Complications](#)[Length of Stay](#)[Cost](#)[Other Evals](#)

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Name	Patients per year for this procedure
Mercy Medical Center	149
Fairfax Hospital	132
Anne Arundel Medical Center	117
Greater Baltimore Medical Center	100
Suburban Hospital	75
Area Average	39

[Summary](#)[Patients/yr](#)[Mortality](#)[Complications](#)[Length of Stay](#)[Cost](#)[Other Evals](#)

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[New Search](#) | [Change Hospitals](#) | [Change Rankings](#)

Hospital Name	Rank	Index	Hmh	Iat	Mch	Misc	UTI
Greater Baltimore Medical Center	1 st	45	0.3%	1.9%	0.0%	1.5%	0.1%
Fairfax Hospital	2 nd	61	3.0	0.5	1.2	0.6	0.1
Anne Arundel Medical Center	3 rd	80	2.1	4.0	0.0	0.0	0.7
Suburban Hospital	4 th	85	0.3	5.3	0.0	0.0	1.9
Area Average	N/A	100	2.0	4.0	0.5	1.3	0.7
Mercy Medical Center	5 th	152	2.7	3.9	1.0	4.8	0.5

[Summary](#)[Patients/yr](#)[Mortality](#)[Complications](#)[Length of Stay](#)[Cost](#)[Other Evals](#)

Report on Mastectomy, Total

Falls Church, VA. 50 miles
Data Source: All Patients

This report compares hospitals within 50 miles of Falls Church, VA for Mastectomy, Total, and is based on your selections and rankings. This is just one of several sources you should consult to select a hospital; always consult your physician about what decision is right for you. [Click here for more information](#)

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Name	Total Charges
Greater Baltimore Medical Center	\$5,664
Suburban Hospital	\$7,498
Anne Arundel Medical Center	\$7,682
Area Average	\$8,231
Mercy Medical Center	\$10,681
Fairfax Hospital	\$13,213

[Summary](#)[Patients/yr](#)[Mortality](#)[Complications](#)[Length of Stay](#)[Cost](#)[Other Evals](#)

Report on Mastectomy, Total

Falls Church, VA, 50 miles
Data Source: All Patients

This report compares hospitals within 50 miles of Falls Church, VA for Mastectomy, Total, and is based on your selections and rankings. This is just one of several sources you should consult to select a hospital; always consult your physician about what decision is right for you. [Click here for more information](#)

[New Search](#) | [Change Hospitals](#) | [Change Rankings](#)

Name	Length of stay (days)
Anne Arundel Medical Center	1.7
Mercy Medical Center	1.8
Greater Baltimore Medical Center	1.8
Area Average	2.0
Suburban Hospital	2.0
Fairfax Hospital	2.1

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Choose the Right Provider

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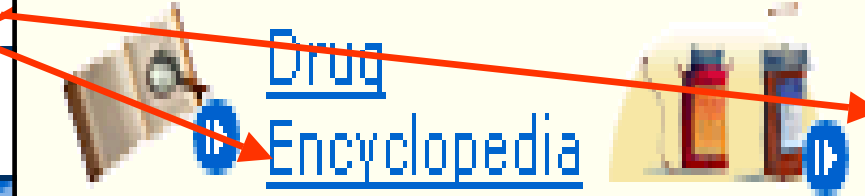
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Find Drug Information



You can find detailed information about a wide range of prescription medicines, including how and when to take the medicine, what to tell your doctor, what to do if you miss a dose, potential side effects, proper storage, and much, much more.

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Tamoxifen tablets

What are tamoxifen tablets?

TAMOXIFEN (Nolvadex®) blocks the effects of estrogen hormone in the body. Tamoxifen is most commonly used to treat breast cancer in women or men. This drug may reduce the chance of breast cancer coming back in women previously treated with surgery, radiation, or chemotherapy. This drug may also help prevent breast cancer in certain women with a high risk of developing breast cancer. Occasionally this drug is used for other conditions. Generic tamoxifen tablets are available.

What should my health care professional know before I take tamoxifen?

They need to know if you have any of these conditions:

- blood clots
- blood disorders
- cataracts or impaired eyesight
- endometriosis, uterine fibroids
- high calcium levels
- high cholesterol

What drug(s) may interact with tamoxifen?

- aminoglutethimide
- bosentan
- bromocriptine
- chemotherapy drugs
- cyclosporine
- delavirdine
- dietary supplements like black cohosh, chasteberry, melatonin, or soy isoflavones
- efavirenz
- estrogen hormones, including some birth control products
- nevirapine
- protease inhibitors
- rifampin
- warfarin

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SUPPORT GROUPS

Whether you're living with a condition or are caring for

FEATURED GROUPS

- [Health Support Online](#) Health Coach and learn more about your conditions

Support Group Contacts



[Support Group Contacts](#)





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Support Group Contacts

Support groups put you in touch with other people who are going through the same situation that you are. The support groups below can help you deal with some common conditions and situations.

Cancer

- [CancerCare](#) Get free help with any kind of cancer, find support groups and other resources and more.
- [Y-ME National Breast Cancer Association](#) If you've been diagnosed with breast cancer or are a family member, friend or caregiver of someone living with the disease, find support and information using this site. Or, call toll-free 800.221.2141 24 hours a day.
- [Us Too Prostate Cancer Education and Support](#) Learn about prostate cancer, find information for spouses and partners and locate support groups in your area.

Legend



Caremark Mail Service



Over the counter medicine



Walgreens #06663



Lowest cost option within medicine class

Price(s) for the medicine you selected.

Relative Cost (?) \$\$\$

ULCER DRUGS / PROTON PUMP INHIBITORS ([Learn more...](#))

Condition: Acid Reflux (Heartburn) [Edit](#)

<u>Medicine</u>	<u>Status</u>	<u>Qty</u>	<u>Days Supply</u>	<u>Your Cost</u>	<u>Cost per Day</u>	<u>Your Annual Cost</u>
PREVACID 30MG CAPSULE DR <i>Brand (lansoprazole)</i>		100	100	\$16.00	\$0.16	\$58.40
PREVACID 30MG CAPSULE DR <i>Brand (lansoprazole)</i>		34	34	\$43.19	\$1.27	\$463.66

Preferred & Generic Alternatives ([Show all](#))

Relative Cost (?) \$\$ - \$\$\$

			<u>Days</u>	<u>Your</u>	<u>Cost per</u>	<u>Your Annual</u>
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Legend



Caremark Mail Service



Over the counter medicine



Walgreens #06663



Lowest cost option within medicine class

Preferred & Generic Alternatives [\(Show all\)](#)

Relative Cost [\(?\)](#) \$\$ - \$\$\$

						<u>Your</u>
	<u>Medicine</u>	<u>Qty</u>	<u>Days</u>	<u>Your</u>	<u>Cost per</u>	<u>Annual</u>
			<u>Supply</u>	<u>Cost</u>	<u>Day</u>	<u>Cost</u>
	omeprazole 20 mg capsule <i>*Generic* For Prilosec</i>	100	100	\$5.00	\$0.05	\$18.25
	ACIPHEX 20MG TABLET DR <i>*Preferred Brand* (rabeprazole sodium)</i>	100	100	\$10.00	\$0.10	\$36.50
	NEXIUM 20MG CAPSULE <i>*Preferred Brand* (esomeprazole mag trihydrate)</i>	100	100	\$10.00	\$0.10	\$36.50
	omeprazole 20 mg capsule <i>*Generic* For Prilosec</i>	34	34	\$19.20	\$0.56	\$206.12
	PRILOSEC OTC <i>Brand (omeprazole magnesium)</i>	42	42	\$26.29	\$0.63	\$228.47

Legend



Caremark Mail Service



Over the counter medicine



Walgreens #06663



Lowest cost option within medicine class

Price(s) for the medicine you selected.

Relative Cost (?): \$\$\$

ULCER DRUGS / PROTON PUMP INHIBITORS ([Learn more...](#))

Condition: Acid Reflux (Heartburn) [Edit](#)

Medicine	Status	Qty	Days Supply	Your Cost	Cost per Day	Your Annual Cost
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PREVACID 30MG CAPSULE DR <i>Brand (lansoprazole)</i>		34	34	\$43.19	\$1.27	\$463.66

Preferred & Generic Alternatives ([Show all](#))

Relative Cost (?): \$\$ - \$\$\$

Medicine	Status	Qty	Days Supply	Your Cost	Cost per Day	Your Annual Cost
omeprazole 20mg capsule <i>*Generic* For Prilosec</i>		100	100	\$5.00	\$0.05	\$18.25
ACIPHEX 20MG TABLET DR <i>*Preferred Brand* (rabeprazole sodium)</i>		100	100	\$10.00	\$0.10	\$36.50
NEXIUM 20MG CAPSULE <i>*Preferred Brand* (esomeprazole mag trify drate)</i>		100	100	\$10.00	\$0.10	\$36.50
omeprazole 20mg capsule <i>*Generic* For Prilosec</i>		34	34	\$19.20	\$0.56	\$206.12
PRILOSEC OTC <i>Brand (omeprazole magnesium)</i>		42	42	\$26.29	\$0.63	\$228.47
ACIPHEX 20MG TABLET DR <i>*Preferred Brand* (rabeprazole sodium)</i>		34	34	\$28.25	\$0.83	\$303.27
NEXIUM 20MG CAPSULE <i>*Preferred Brand* (esomeprazole mag trify drate)</i>		34	34	\$29.30	\$0.86	\$314.54

Other potential alternatives

Relative Cost (?): -Below-

ULCER DRUGS / H2 ANTAGONISTS ([Learn More...](#))

(\$-\$)

To empower participants you must surround them with tools and support

Personal Health Coach

Centers of Excellence

Assess your health condition/risks

Best treatments

Prevention and screenings

Best hospital for your surgery

Questions to ask your doctor

Managing your chronic condition

Drug information

Research a disease

Find a Doctor



Summary - Questions & Answers

NRECA INSURANCE & FINANCIAL SERVICES

Summary

Questions & Answers