



Take control of your health care with MyCARE AdvisorSM

You know how much a gallon of gas costs. But, do you know how much an X ray costs? Did you know you have choices?

MyCare AdvisorSM is an online suite of tools created to assist you in making informed choices about health care services, similar to how you make personal purchase decisions with other services. The first steps to becoming a better consumer of health care is knowing there is a difference in costs and to ask questions.

Did you know the cost for medical services can vary greatly between providers? These differences can impact your out-of-pocket costs when paying a deductible or coinsurance.

	Provider A	Provider B	Provider C
Procedure	MRI Lower Limb	MRI Lower Limb	MRI Lower Limb
Distance	0.3 miles	4.1 miles	1.2 miles
Number of Procedures	13	46	54
Low Cost	\$870	\$450	\$2,600
High Cost	\$1,100	\$950	\$2,900

In this example, you could have saved approximately \$2,100 by driving three miles more and going to Provider B rather than Provider C. Knowing the average cost of a procedure in advance allows you to shop for the best value while minimizing your medical costs and maximizing your health care savings.

To learn more about MyCare Advisor, go to www.capbluecross.com to register or log in with your username and password to begin using this valuable tool.

With MyCare Advisor, you can:

- Research and compare provider costs for many of the most common elective medical procedures and services.
- Have a discussion with your doctor about alternate choices you may have.
- Lower your out-of-pocket costs by shopping for the best value for your medical procedure.
- See patient care and hospital quality measures based on other patient experiences.
- Obtain driving directions to providers with a search feature by city or state, and other available features.

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The table below contains a sampling of procedures and services from *MyCare Advisor*.* To view all procedures and services, go to www.capbluecross.com and log in with your username and password.

Inpatient Procedures		
Back Surgery — Laminectomy	Hip Replacement	Removal of Prostate Gland and Surrounding Tissue
Cardiac Angioplasty— with Drug Eluting Stent	Hysterectomy	Revision of Total Hip or Total Knee Replacement
Coronary Bypass (CABG) without Cardiac Catheterization	Knee Replacement	Spinal Fusion (Anterior)
C-Section Delivery	Partial or Total Removal of Thyroid Gland	Vaginal Delivery
Outpatient Procedures		
ACL Repair by Arthroscopy	Colonoscopy with Removal of Lesion(s)	Lithotripsy — Fragmenting of Kidney Stones
Back Surgery — Laminectomy	Dilation and Curettage — D&C	Nasal/Sinus — Corrective Surgery— Septoplasty
Bladder Scope with Stent	Hammertoe Correction	Nasal/Sinus — Endoscopy — Sinus Surgery
Breast Biopsy Percutaneous with Imaging	Hernia Inguinal Repair 5 Years and Older	Shoulder Arthroscopy
Breast Lumpectomy	Knee Arthroscopy with Cartilage Repair	Spinal Fusion of Neck — Front
Bunionectomy	Laparoscopic Gall Bladder Removal	Tonsillectomy and Adenectomy, under age 12
Carpal Tunnel	Laparoscopic Tubal Block or Tubal Ligation	Tympanostomy
Cataract Removal	Left Heart Catheterization	Uterine Tissue Sample (Biopsy)
Diagnostic		
Analog Mammography	CT Scan Pelvis	MRI Upper Limb
Bone and Joint Scan of Whole Body	Digital Mammography	PET Scan Image of Whole Body
Bronchoscopy	MRI Brain	Screening Colonoscopy
Colonoscopy with Biopsy	MRI Lower Limb	Ultrasound of Abdomen
CT Scan Abdomen	MRI Lower Limb with Joint	Upper GI Endoscopy
CT Scan of Lumbar Lower Spine	MRI Spine	Urethra and Bladder Scope
Office Visit		
Chiropractic	Pediatric Well Visits	Well Woman
Immunizations and Vaccines	Physician Care Existing Patient	
Mental Health Session	Physician Care New Patient	

*Cost ranges are derived from Capital BlueCross' commercial claims costs ("allowed amounts") for the prior annual period, and includes aggregate facility and professional costs.