



The miracles of science™

Preventive Care Guide

PREVENTIVE HEALTH BENEFITS FOR EMPLOYEES/RETIREES/SURVIVORS



Identifying potential health problems early

to try to keep them from developing into more serious conditions is the critical first step in protecting and maintaining your health. A broad series of tests, immunizations and examinations are available to do this. And they are all available to anyone covered by a DuPont medical plan.

Ask yourself some questions:

What reasons do you have for not taking advantage of every available way to protect your health and that of your family? How do your reasons for not taking these steps compare with what you're risking? How will you feel if you or a family member develops a condition that could have been detected and treated sooner?

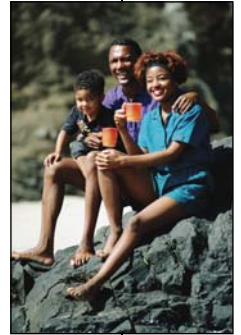
DuPont Preventive Health Benefits

Your First Step to Good Health

DuPont has long been a strong advocate of preventive health care. We provide a wide range of covered services at little or no cost to you. **All that's left is for you to take advantage of the opportunity.**

Preventive health benefits are screening tests, immunizations and/or examinations that are ordered by your Primary Care Physician (PCP) before you have developed symptoms of a disease. These are differentiated from diagnostic tests, which your PCP requests when you have developed possible symptoms or signs of disease.

This booklet is a summary of the tests, immunizations and examinations that are available to you. It tells you why they are important, how often they're recommended and what to expect when you go for these services.



YOUR COVERAGE

MEDICAL PLAN OPTION	COVERED TESTS AND IMMUNIZATIONS	PREVENTIVE EXAMINATIONS AND OFFICE VISITS
Managed Care PPO Option	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 100% R&C* 	<ul style="list-style-type: none"> - In-network: \$20 office visit copay - Out-of-network: 70% R&C* after deductible
Consumer Choice Option**	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 100% R&C* 	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 100% R&C*
High Deductible PPO Option	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 100% R&C* 	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 70% R&C* after deductible
Indemnity Option/ Medcap Standard Option	<ul style="list-style-type: none"> - 100% R&C* 	<ul style="list-style-type: none"> - 80% R&C* after deductible
Medcap Point-of-Service Option	<ul style="list-style-type: none"> - In-network: 100% - Out-of-network: 100% R&C* 	<ul style="list-style-type: none"> - In-network: \$20 office visit copay - Out-of-network: 70% R&C* after deductible

* Reasonable & Customary (R&C) charges apply in non-network plans or when using out-of-network services.

** You do not have to make payments from your Health Fund or toward the deductible before DuPont pays 100%.

2

WHO IS ELIGIBLE FOR PREVENTIVE CARE BENEFITS?

All DuPont full-service employees, pensioners, survivors and benefits-eligible dependents who participate in the DuPont medical plans are eligible for preventive care benefits.

Employees and their covered dependents in alternative plans (HMOs) are not eligible for these preventive care benefits. However, alternative plans may provide some of their own preventive services. Contact your HMO directly for plan coverage information.

Medicare-eligible participants will receive preventive coverage coordinated with Medicare as the primary benefit. Information on the covered services and what you pay are available on the Medicare Website: www.medicare.gov. Click on "Preventive Services" or contact Medicare directly at 1-800-633-4227.



CPT CODES

To ensure that your treatment is recorded as preventive care, and covered appropriately by your medical plan, your doctor or doctor's assistant must enter the correct CPT code on your medical claim. Current Procedural Terminology (CPT) codes are a systematic listing and coding of procedures and services performed by physicians. Each procedure or service is identified with a five-digit code. You can have your doctor's office staff call your medical carrier to verify the CPT codes that apply to the medical plan's preventive coverage.

COVERED PREVENTIVE EXAMINATIONS, TESTS AND IMMUNIZATIONS

FOR ALL ADULTS



HEALTH EVALUATION EXAMINATION			
WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>The health evaluation is a general physical examination that includes height and weight, a basic preventive examination of the eyes, ears, nose, throat, and lungs, as well as a basic examination of the nervous system, blood pressure, respiratory and circulatory systems. The evaluation may also include a complete skin examination; for men, a testicular and prostate examination; and for women, a clinical breast examination.</p>	<p>Every 3 years, beginning at age 19.</p>	<p>This general examination is typically performed by or under the direction of your Primary Care Physician (PCP), who will also order any of the required tests. For women, portions of the examination may be performed separately as part of the annual gynecological examination.</p>	<p>A health evaluation is the broadest review of your overall health and the greatest opportunity for early detection of conditions that may not yet have produced symptoms. For both short-term and long-term issues, it's your best opportunity to stay a step ahead of any potential health problems.</p>



BLOOD GLUCOSE TEST			
WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A blood glucose test is used for the early detection of diabetes or hypoglycemia (low blood sugar). It measures the level of glucose in your blood.</p> <p>Glucose is a type of sugar and the main source of energy used by the body. A hormone called insulin helps the body use and control the amount of glucose in the blood. People who do not produce enough insulin — or whose bodies don't respond normally to the insulin their bodies produce — may develop diabetes or hypoglycemia-related disorders.</p>	<p>Every 3 years, beginning at age 19.</p>	<p>Glucose levels are measured with a blood test. If you are having a <i>fasting blood sugar test</i>, you should not eat or drink (other than water) for at least 8 hours before the blood sample is taken. If you are having a <i>2-hour postprandial (after a meal) test</i>, you will need to eat a meal exactly 2 hours before the blood sample is taken. Talk to your doctor about the appropriate preparations for your test.</p>	<ul style="list-style-type: none"> • Of the estimated 16 million Americans with diabetes, approximately 5 million — nearly one-third — do not know they have it. • In type 1 diabetes (juvenile diabetes), the pancreas does not make insulin. It affects about 1 out of every 600 children. • In type 2 diabetes, the body does not respond to insulin and then over time the pancreas tires out and insulin secretion falls. Type 2 diabetes accounts for as many as 95% of all cases of diabetes.



TOTAL LIPID PROFILE TEST





WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A total lipid profile test measures your total blood cholesterol level. Elevated cholesterol levels are associated with an increased risk for heart disease, stroke and circulatory disorders.</p> <p>The test breaks down total blood cholesterol into three main components:</p> <ul style="list-style-type: none"> • High-density lipoprotein (HDL) – also known as “good cholesterol.” • Low-density lipoprotein (LDL) – also known as “bad cholesterol.” • Very-low-density lipoprotein (VLDL) – which contains very little protein but is used mainly to distribute triglycerides produced by your liver. 	<p>Every 3 years, beginning at age 19.</p>	<p>Cholesterol levels are measured with a blood test. In most cases, you will not be able to eat or drink (except water) for 9 to 12 hours before having your blood drawn.</p> <p>If your cholesterol levels are high, your doctor may encourage you to make lifestyle changes – including diet changes, weight loss and exercise. If lifestyle changes are not successful after 3 to 6 months, medication to lower cholesterol levels may be prescribed.</p>	<ul style="list-style-type: none"> • A total blood cholesterol level of under 200 mg/dL is desirable and usually puts you at a lower risk for heart disease. • Saturated fats raise your blood cholesterol level more than anything else. So, the best way to reduce your cholesterol level is to cut back on the amount of saturated fats that you eat. The largest amounts of these fats are found in animal products such as butter, cheese, whole milk, ice cream, cream and fatty meats. • For both men and women, heart disease is the number one cause of death.



FECAL OCCULT BLOOD TEST or FECAL IMMUNOCHEMICAL TEST

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A fecal occult blood test (FOBT) or a fecal immunochemical test (FIT) detects the presence of hidden (small amount) blood in the stool. It is an effective screening test for colorectal cancer because cancerous tissue and precancerous polyps are more likely to bleed than normal colon (large bowel) tissue. It is also used for the detection of ulcers, tumors or other diseases of the digestive system.</p>	<p>Annually, beginning at age 50.</p>	<p>An FOBT or FIT is a simple test. Your doctor may ask you for a stool sample, or order a testing kit for you to use at home. If using a home test, be sure to follow the manufacturer’s instructions included with your kit.</p>	<p>The FOBT and FIT are screening tools, which means they cannot be used to diagnose colon (bowel) polyps or colon (bowel) cancer. If an FOBT or FIT detects blood in the stool, you may need additional tests, such as a colonoscopy or sigmoidoscopy.</p>

COLORECTAL (LARGE BOWEL) SCREENING

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
 <p>A digital rectal examination (DRE) checks for abnormalities of organs or other structures in the pelvic and lower abdominal area.</p>	<p>Annually, beginning at age 40.</p>	<p>During a digital rectal examination, a health professional inserts a lubricated, gloved finger of one hand into the rectum. A digital rectal exam is routinely done for men as part of a complete physical exam and for women as part of a regular gynecological examination.</p>	<p>While a DRE is often included as part of your routine physical examination, it is not recommended as a stand-alone test for finding prostate or colorectal cancer.</p>
 <p>A colonoscopy test allows the examination of the colon (large bowel) through the insertion of an elongated flexible viewing instrument, which permits visual examination of the entire colon (large bowel). This test is used to screen for cancer of the colon (large bowel).</p>	<p>Starting at age 50, for both men and women yearly fecal occult blood test plus one of the following screening options:</p> <p>a) flexible sigmoidoscopy every 5 years; OR</p>	<p>Colonoscopy allows a doctor to look at the interior lining of the large intestine (rectum and colon) through a thin, flexible viewing instrument called a colonoscope. The colonoscope helps the doctor detect polyps, tumors, and areas of inflammation or bleeding. During a colonoscopy, tissue samples can be collected (for biopsy) and abnormal growths can be removed. Colonoscopy can also be used as a screening test to identify and remove precancerous and cancerous growths in the colon (large bowel). A DRE should be performed with this evaluation.</p>	<p>Before this examination, you will need to clean out your colon (large bowel). Your doctor will give you specific instructions before your examination that take into consideration your health, age and other medical conditions you may have. During the procedure, you may receive a pain medication and/or a sedative through an intravenous (IV) line, usually in a vein in your arm or hand. These medications reduce pain and will make you feel relaxed and drowsy during the procedure. You will need to have someone drive you home after the examination.</p>
 <p>A sigmoidoscopy test allows a doctor to look inside the lower part of the colon (large bowel) for abnormal growths, inflammation, bleeding, hemorrhoids and other conditions. Sigmoidoscopy is most commonly used to screen for colon (large bowel) cancer.</p>	<p>b) colonoscopy every 10 years; OR</p> <p>c) double contrast barium enema every 5 years.</p>	<p>With a sigmoidoscopy, the doctor inserts a sigmoidoscope into the lower portion of the colon (large bowel). Once the doctor has advanced the scope as far as possible, it is slowly withdrawn while the colon (large bowel) is carefully inspected. A DRE should be performed with this evaluation.</p>	<p>Follow-up tests, such as a colonoscopy, may be done to confirm a diagnosis made during sigmoidoscopy. A colonoscopy may also be done to examine the upper section of the colon (large bowel) if growths were seen during sigmoidoscopy.</p>
 <p>Double Contrast Barium Enema test: A chalky substance is used to partly fill and open up the colon (large bowel). Air is then inserted to cause the colon (large bowel) to expand. This allows good X-ray films to be taken of the colon (large bowel). This is another test that screens for colon (large bowel) cancer.</p>		<p>The test is done by a doctor who specializes in using X-rays (radiologist) and one or two assistants in a doctor's office, a hospital radiology department or an outpatient radiology center. It generally does not require an overnight stay in the hospital. A DRE should be performed with this evaluation.</p>	<p>The preparation for a barium enema usually involves a very thorough cleaning of the large intestine, because the colon (large bowel) must be completely clear of stool (feces) and gas. Even a small amount of fecal material can affect the accuracy of the test.</p>



INFLUENZA VACCINE (IMMUNIZATION)

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>The influenza vaccine (or flu shot) is an easy and effective way to help prevent the flu.</p> <p>A yearly flu shot is recommended for anyone at risk for complications from the flu and for anyone who comes into contact regularly with people at risk.</p>	Once per year.	<p>The health professional gives you a shot containing a small amount of killed virus that causes the flu. The vaccine works by helping your body's immune system recognize and quickly attack the virus before it can cause illness.</p>	<ul style="list-style-type: none"> • Since the flu virus changes every year, having a flu shot one year will not prevent you from getting the flu the next year. • Even if a flu shot doesn't prevent the flu, it can help reduce the severity of the flu symptoms and decrease the length of illness and risk of complications.

ADDITIONAL BENEFITS FOR WOMEN



GYNECOLOGICAL EXAMINATION

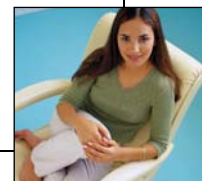
WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A gynecological examination is a complete physical examination of a woman's external genitals and internal pelvic organs. It is done to monitor overall gynecological health and help detect genital cancers, infections or other abnormalities.</p>	Once per year, beginning at age 18 or earlier if sexually active.	<p>During the examination, a speculum is used to examine the vagina and cervix. During the examination (internal) a health professional will use his/her hands to assess the pelvic organs and the uterus, ovaries and fallopian tubes. A Pap smear (see page 7) may also be performed.</p>	<p>A gynecological examination can be performed by a gynecologist – or by a general or family practice doctor, internist, physician's assistant or nurse practitioner.</p>

6



MAMMOGRAM TEST

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Mammography is an X-ray of the breasts that is used to screen for, or diagnose, breast cancer. Many small tumors can be seen on a mammogram before they can be felt by a woman or her doctor.</p>	Baseline mammogram test once between ages 35 and 40. Every year beginning at age 40.	<p>Mammography is done by a radiology technologist. The X-ray pictures are interpreted by a doctor (radiologist) who specializes in evaluating X-rays.</p>	<ul style="list-style-type: none"> • Breast cancer is one of the most common forms of cancer in women in the United States. And it is more common in older women – especially those over age 65. • Most abnormalities found during mammography are not cancer. If a breast lump is detected, other tests may be done, including breast ultrasound or biopsy.



PAP SMEAR TEST

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A Pap smear test is used to screen women for cancer of the cervix and may include the HPV DNA test. Pap tests are very reliable for detecting early abnormal cell changes that could lead to cancer.</p>	<p>Once per year, beginning at age 18 or earlier if sexually active.</p>	<p>During a Pap test, a health professional collects a small sample of cells from the surface of the cervix. The cells are examined for abnormalities that may indicate cancer or changes that could lead to cancer.</p>	<ul style="list-style-type: none"> • Cervical cancer is one of the most common forms of cancer affecting women. It is also one of the few cancers with well-defined stages. Chances of a cure are higher when it is detected before it has spread from the cervix to other parts of the body. • After a woman has had three or more consecutive, satisfactory, normal annual pelvic and Pap tests, these tests may be performed less frequently – depending on her risk factors for cervical problems and the advice of her health professional.



CLINICAL BREAST EXAMINATION

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A Clinical Breast Examination (CBE) involves feeling (palpating) each breast for any unusual or painful areas or a dominant lump. A dominant lump in the breast is any lump that is new, larger, harder, or different in any other way from other lumps or the rest of the breast tissue. CBE is used to identify breast abnormalities.</p>	<p>Annually, beginning at age 18.</p>	<p>First, the health professional will ask you questions about any symptoms you may have, your medical history and your risk factors for breast cancer. Your health professional will then examine each breast, looking for changes in size, skin changes, and signs of injury or infection (bruising or redness). You may be asked to lean forward and tighten the muscle beneath each breast during this part of the examination.</p>	<p>Regular clinical breast examinations are an important part of screening for breast cancer. Your health professional will gently press on the breast tissue from about 1 inch (2.54 cm) below the breast all the way up to the shoulder bone. He or she also will examine your armpit (axillary area) and your neck for swollen glands (lymph nodes). After the examination, your health professional may teach you how to examine your own breasts (breast self-exam) and help you practice doing it.</p>

HUMAN PAPILOMAVIRUS (HPV) VACCINE



WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Human Papillomavirus (HPV) Vaccine is given to prevent infection with Human Papillomavirus (HPV), which is a common virus that is spread through sexual contact. There are approximately 40 types of genital HPV, some of which can cause cervical cancer in women and other kinds of cancer in both men and women.</p>	<p>This three-dose series is given over a 6-month period, for young adolescents and women between ages 9 and 26.</p>	<p>As with all vaccines, there can be minor reactions, including pain and redness at the injection site, headache, fatigue or a vague feeling of discomfort.</p>	<p>The vaccine needs to be given before a person is exposed to HPV, thus the early age recommended. Cervical cancer caused by HPV usually grows slowly over many years. Most of the time HPV has no symptoms; so people may not know they have it.</p>

THYROID (TSH) TEST



WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Thyroid Test (TSH). This blood test checks how the thyroid gland is functioning, that is, if it is normal, overactive or underactive.</p>	<p>Every five years beginning at age 35.</p>	<p>A malfunctioning thyroid gland occurs predominantly in women. Usually the signs and symptoms of an overactive or underactive thyroid appear and progress gradually. This test may detect a disorder in the early stage.</p>	<p>Your thyroid gland is a butterfly-shaped gland located at the base of the front of your neck. It has a large impact on your health; every aspect of your metabolism is regulated by thyroid hormones. Medical authorities state that in the U.S., 1 in 8 women during their lifetime are at risk for developing a thyroid disorder.</p>

ADDITIONAL BENEFITS FOR MEN



CLINICAL TESTICULAR EXAMINATION

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A Clinical Testicular Examination includes a complete physical examination of the groin and genital organs (penis, scrotum and testicles) by a health professional. A testicular examination can detect the causes of pain, inflammation, swelling, congenital abnormalities (such as an absent or undescended testicle), and lumps or masses that may indicate testicular cancer.</p>	<p>Annually, and recommended during well child visit and health evaluation.</p>	<p>The health professional will feel (palpate) the organs and examine them for the presence of lumps, swelling, shrinking (testicular atrophy) or other visual signs of an abnormality.</p>	<p>Testicular cancer is one of the most common cancers in men under the age of 35. Men themselves (or their sexual partners) first discover many testicular cancers as a lump or enlarged swollen testicle. In the early stages of testicular cancer, the lump (about the size of a pea) usually is not painful. Testicular cancer found early and treated promptly has a very high cure rate.</p>



PROSTATE - SPECIFIC ANTIGEN TEST

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>A Prostate-Specific Antigen (PSA) test measures the level of PSA in the blood. PSA is a substance released by the prostate gland. The amount of PSA normally increases as the prostate enlarges with age. It is also increased by inflammation of the prostate gland and by prostate cancer.</p>	<p>Annually, beginning at age 50. Earlier if determined to be at high risk.</p>	<p>PSA levels are measured using a blood test. A DRE should also be performed to assess the size, shape and consistency of the prostate and feel for any tumors or other abnormalities.</p>	<p>Although PSA tests are effective screening tests for prostate cancer, other medical conditions can cause high PSA levels. Therefore, other tests are needed to confirm a diagnosis of prostate cancer.</p>



ADDITIONAL TESTS AND IMMUNIZATIONS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
 <p>A Tetanus Diphtheria (Td) or Tetanus, Diphtheria and acellular Pertussis (Tdap) Booster Shot helps prevent tetanus (a bacterial infection) which can occur when a wound becomes infected, and diphtheria, another type of bacterial infection which can cause breathing and swallowing problems and can damage the heart and central nervous system (brain and spinal cord).</p>	<p>Every 10 years after age 18. Tdap should replace a single dose of Td for adults aged 19 through 64 who have not received a dose of Tdap previously.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Adults who have never been immunized need to take a series of three injections. The second injection is given 1 to 2 months after the first, and the third injection is given 6 to 12 months later.</p>
 <p>Pneumococcal Polysaccharide Vaccine (PPSV) is given to prevent pneumococcal infection. Pneumococcus is a bacteria that can cause several severe infections, including pneumonia, meningitis and blood infections (sepsis). These infections can be serious and even life-threatening.</p>	<p>Once, on or after reaching age 65.</p>	<p>An injection from a health professional. Side effects are mild and may include: redness, slight fever, drowsiness and decreased appetite.</p>	<p>Recommended for all adults over 65 years of age. This vaccine prevents pneumonia, bacteremia and meningitis.</p>
 <p>Shingles (Herpes Zoster) Vaccine Shingles is a painful skin rash, often with blisters. It is also called herpes zoster infection.</p>	<p>A single dose for adults age 60 years or older.</p>	<p>An injection from a health professional.</p>	<p>Shingles can last from 2-4 weeks. For about 20% of those infected, severe pain can continue even after the rash clears up – this is called post-herpetic neuralgia.</p>
 <p>Hearing Test These tests are designed to help detect hearing loss, identify how severe it is and determine what is causing it.</p>	<p>Once, on or after reaching age 65.</p>	<p>Most tests require the person to respond to a series of tones or words through the use of tone audiometry (a machine that produces tones a person hears through earphones); tuning fork testing (uses metal tuning forks to produce tones); and speech reception and word recognition testing, which measures the person's ability to understand speech.</p>	<p>Hearing loss in older people is often mistaken for diminished mental capacity (for instance, if the person does not seem to listen or respond to conversation). (Note: Hearing aids are excluded from coverage under the DuPont Medical Plan.)</p>
 <p>Visual Acuity/ Glaucoma Tests Glaucoma is a group of eye diseases that can cause blindness by damaging the optic nerve.</p>	<p>Every 3 years, beginning at age 65.</p>	<p>The examiner shines a bright light into your eye and then blows a brief puff of air at your eye. You will hear the puffing sound and feel a coolness or mild pressure on your eye. An instrument estimates the intraocular pressure (IOP) from the change in the light reflected off of the cornea.</p>	<p>Normal eye pressure (IOP) varies for each person and is usually higher just after a person wakes up. Women usually have a higher IOP than men, and IOP usually increases as a person gets older.</p>



WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Urinalysis A urinalysis is used to monitor the functioning of the kidney, bladder and pancreas.</p>	<p>Annually, after age 65.</p>	<p>Urine is collected in a cup and analyzed by a laboratory for various protein levels.</p>	<p>Untreated urinary tract infections can lead to kidney damage.</p>



TARGETED NUTRITIONAL COUNSELING VISITS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Counseling sessions with a nutritionist on healthy diet for individuals with diabetes (type 1 or 2), high lipids (fats) or treatment for hyperlipidemia (high fat in the blood), hypertension (high blood pressure) or treatment of hypertension, obesity (more the 30% over ideal body weight), food allergies, osteoporosis (brittle bones), HIV/AIDS, anemia (low red blood cells or iron deficient), renal (kidney) disease, emphysema (lung disease), cancer, gastroesophageal reflux disorder (GERD), diverticular disease, Crohn's disease (small bowel inflammation) or a diagnosed eating disorder.</p>	<p>As recommended.</p> <p>Nutritional counseling services are available only in managed care areas and only as an in-network benefit.</p> <p>The benefit is not available out-of-network or for participants enrolled in a non-managed care plan.</p>	<p>Nutritional counseling provides you with an eating plan designed around your own particular likes and dislikes, making it more likely you'll stick to it.</p> <p>Dietitians start by learning what you typically eat and then suggest small changes you can live with. Dietitians also carefully review your medical history, looking for any medications that might be affected by certain foods or eating patterns, and any problems with swallowing, nutrition or digestion.</p> <p>Nutrition and diabetes counseling must be provided by a qualified network health professional. A registered dietitian (RD) may counsel people in all four risk-factor categories. A certified diabetes educator (CDE) may provide diabetes counseling, which includes self-care nutrition education and lifestyle behaviors related to diabetes management.</p>	<ul style="list-style-type: none"> • A study by the Department of Veterans Affairs Medical Center in Long Beach, California, showed that more than half of those who saw a dietitian just three or four times reduced their cholesterol so much that they didn't need cholesterol-lowering medication. This saved the health care system, and members using this benefit, about \$60,000 per year in prescription drug costs. • Many people who try nutrition therapy notice a change in their condition within a few weeks. And some find that they only need 2 or 3 visits before achieving successful results.

WELL BABY AND CHILD CARE



Your Preventive Health Benefits include a broad range of examinations, immunizations and tests for children from birth to age 18.



WELL BABY VISITS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Well Baby Visits Visits to monitor the baby's growth and development. These include preventive exams of the eyes, ears, nose and throat; musculoskeletal structure; nervous system; respiratory and circulatory systems; and abdomen.</p>	<p>Total of 9 visits: at birth; 1 month; 2 months; 4 months; 6 months; 8-10 months; 12-15 months; 18 months and 2 years.</p>	<p>A general examination and specific tests. Also, height and weight are recorded and compared to earlier markings to make sure the child is growing as expected.</p>	<p>These ongoing visits are the best way to identify potential health problems before they become more serious.</p>



WELL CHILD VISITS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Well Child Visits Visits to monitor the child's growth and development as well as preventive exams of eyes, ears, nose and throat; musculoskeletal structure; nervous system; respiratory and circulatory systems; and abdomen.</p>	<p>3 visits between ages 3 and 6; then, every 2 years between ages 7 and 18.</p>	<p>Height and weight are measured, recorded and compared to growth charts. Blood pressure and vision are checked. Physician speaks with child about school and activities to gauge child's language skills and hearing.</p>	<p>These ongoing visits are the best way to identify potential health problems before they become more serious.</p>



WELL BABY AND CHILD CARE: IMMUNIZATIONS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Ophthalmic Antibiotics</p>	<p>At birth.</p>	<p>Administered in the hospital at birth.</p>	<p>To prevent eye infections in infants.</p>
<p>Haemophilus Influenzae Type B (Hib) Vaccine This vaccine protects against Haemophilus Influenzae Type B, which is a bacterium that can cause meningitis, pneumonia, skin and bone infections and other serious illnesses in young children.</p>	<p>This 4-dose series is given at 2 months, 4 months, 6 months and 12 - 15 months.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>This vaccine does not protect the child against the flu. Combination vaccines (e.g., Pentacel, Pediarix) that contain Hib vaccine may be substituted.</p>



WELL BABY AND CHILD CARE: IMMUNIZATIONS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>The Rotavirus Vaccine has shown to be quite effective against rotavirus disease. Rotavirus is a virus that causes severe diarrhea, mostly in infants and young children. It is often accompanied by vomiting and fever.</p>	<p>If RotaTeq is used, this 3-dose series is given at 2 months, 4 months and 6 months. If Rotarix is used, only two doses are needed – at 2 months and 4 months.</p>	<p>This vaccine is administered orally.</p>	<p>In general, rotavirus infection may occur up to age 5 years. Your child can become infected by being around other children who have rotavirus diarrhea. The illness is characterized by watery diarrhea and vomiting for 3-8 days; fever and abdominal pain occur frequently.</p>
<p>Diphtheria-Tetanus-Pertussis (DTaP) Vaccine This immunization helps prevent <i>tetanus</i> (a bacterial infection), which can occur when a wound becomes infected; <i>pertussis</i> (whooping cough), and <i>diphtheria</i>, another type of bacterial infection which can cause breathing and swallowing problems and can damage the heart and central nervous system (brain and spinal cord).</p>	<p>At 2 months, 4 months, 6 months, 12 months, and once between 4 and 6 years.</p>	<p>Starting at 2 months, the child will receive a series of 3 injections, 1 dose every 2 months. A fourth injection is given when the child is between 12 and 18 months, or 6 months after the third dose. A fifth injection is given when the child is 4 to 6 years old.</p>	<p>Sometimes the fourth and fifth injections cause a more severe reaction (swelling and redness) at the site than the first 3 injections. Ask your health professional what to do if your child has a local reaction.</p> <p>Combination vaccines (e.g., Pentacel, Pediarix) that contain DTaP may be substituted.</p>
<p>Influenza Vaccine This is an immunization for the prevention of seasonal flu.</p>	<p>Annually beginning at age 6 months, at physician's discretion.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Influenza is one of the most common, and recurring, of illnesses.</p>
<p>Measles, Mumps, Rubella Virus (MMR) Vaccine To prevent measles, mumps and rubella viruses.</p>	<p>This 2-dose series is given between 12 and 15 months and once between 4 and 6 years.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>This vaccine may also be obtained between 7 and 12 years if not previously administered, but no later than 12 years of age.</p>
<p>Inactivated Poliovirus (IPV) Vaccine A vaccine for the prevention of polio.</p>	<p>Given at 2 months, 4 months, 6 -18 months and a booster between 4 and 6 years.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Oral Polio Vaccine (OPV) is no longer available in the US. IPV for all four doses in the series is recommended. If the child has received the first dose as oral, the series should be completed with IPV.</p>



WELL BABY AND CHILD CARE: IMMUNIZATIONS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
<p>Tetanus-diphtheria (Td) Booster or Tetanus-Diphtheria-Pertussis (Tdap) Booster</p> <p>Additional dose of tetanus and diphtheria vaccines or tetanus, diphtheria and pertussis vaccines.</p>	<p>A dose of Td is given once between ages 14 and 16 and once every 10 years after age 18.</p> <p>A dose of Tdap is recommended for adolescents age 11 to 18 years who have not yet gotten a booster dose of Td. The preferred age is 11 to 12 years.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Helps prevent a bacterial infection, which can occur when a wound becomes infected, and diphtheria, another type of bacterial infection which can cause breathing and swallowing problems and can damage the heart and central nervous system (brain and spinal cord). Pertussis (whooping cough) causes severe coughing spells and vomiting.</p>
<p>Hepatitis A Vaccine will prevent a person from contracting Hepatitis A, which causes liver disease.</p>	<p>This 2-dose series is given at least 6 months apart, between ages 12 and 23 months.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV). HAV is found in the stool of persons with hepatitis A. It is usually spread by close personal contact and sometimes by eating food or drinking water contaminated with HAV.</p>
<p>Hepatitis B (HBV) Series</p> <p>This vaccine series protects against infection with Hepatitis type B virus. This virus comes from direct contact with the blood or bodily fluids of an infected person.</p>	<p>A series of 3 shots between birth and 18 months.</p> <p>The series can be obtained through age 18 if not previously completed.</p>	<p>The health professional gives you a shot containing a small amount of the killed virus that helps you develop an immunity to the infection. Some redness and swelling near the injection site may occur.</p>	<p>Hepatitis B is NOT spread through food or water or by casual contact. Babies can get Hepatitis B from an infected mother during childbirth.</p>
<p>Chickenpox (Varicella) Vaccine</p> <p>This immunization helps prevent chickenpox, a viral illness, usually in children. The symptoms are rash, itching, fever, and tiredness.</p>	<p>A 2-dose series is given at 12 to 15 months and the second dose between 4 and 6 years of age. (The second dose may be given earlier if at least 3 months after the first dose). Over the age of 13 years, a 2-dose series is recommended, 4 to 8 weeks apart.</p>	<p>The health professional gives you an injection. Some mild soreness, fever or a mild rash may occur.</p>	<p>Chickenpox is contagious. Although usually a mild illness, it can be serious, especially in young infants and adults.</p>
<p>Meningococcal Vaccine (MCV4)</p> <p>Meningococcal disease is a serious bacterial illness. It is a leading cause of bacterial meningitis in children age 2 through 18 years old in the U.S.</p>	<p>A single dose is recommended for children 11 through 18 years of age. It is normally given at ages 11 to 12 years.</p>	<p>This vaccine stimulates the immune system to produce antibodies that protect against 4 types of meningococcal disease.</p>	<p>This vaccine protects against 2 of the 3 most common types in the U.S. This is especially recommended for children about to be college freshmen living in dormitories. A combination vaccine (e.g., Menactra that also contains diphtheria vaccine) may be substituted.</p>



WELL BABY AND CHILD CARE: TESTS

WHAT IS IT?	HOW OFTEN?	WHAT TO EXPECT	CONSIDER THIS
Hemoglobin and Hematocrit Blood testing to identify blood disorders such as anemia.	Once before 2 years; then, between 24 months and 4 years, between 7 and 12 years, and between 13 and 18 years.	Blood is taken and sent to a lab for readings of various levels.	If untreated, anemia can lead to fatigue and impairment of growth and development.
Urinalysis Used to monitor the functioning of the kidney, bladder and pancreas.	Recommended between ages 2 and 18 during Well Child Visit.	Urine is collected in a cup and analyzed by a laboratory for various protein levels.	Untreated urinary tract infections can lead to kidney damage.
Tuberculosis Test This skin test is used to screen for exposure to the TB organism.	Once between ages 2 and 6 years.	Four-pronged prick of skin on inner arm. Raised, red skin within 48 hours of test requires additional testing.	Most schools require a negative test for TB before enrollment.
Vision Test General test for ability to see; not for eye prescriptions.	Once between ages 7 and 12.	Reading of an eye chart.	Near-sightedness, amblyopia and strabismus may occur in school-aged children.
Hearing Test General test for ability to hear.	At birth, once between ages 2 and 6 years.	A variety of sounds are introduced and the ability to hear them measured.	Hearing impairment occurs in 1-2% of infants and children.
Eye Exam Screening for amblyopia and strabismus.	Once between ages 2 and 6 years.	A comprehensive exam of the eyes and visual activity.	Amblyopia (“lazy eye”) and strabismus (misaligned or “crossed” eye) occur in 2-4% of children. Early detection and prompt intervention may minimize or prevent vision impairment.
Phenylalanine, Thyroxine, Thyroid-Stimulating Hormone To detect congenital diseases of newborns.	Within the first 3 to 6 days of life.	Routine blood tests are performed, usually before the infant leaves the hospital.	Phenylketonuria (PKU) and hypothyroidism (underactive thyroid gland) can result in physical and mental retardation. Although rare, if detected and treated in the first weeks of life, normal growth and development can be expected.
Pneumococcal Conjugate (PCV) Vaccine This vaccine protects against the 7 strains of pneumococcal bacteria responsible for most severe pneumococcal infections among children.	Series of 4 doses, one dose at each of these ages: 2 months, 4 months, 6 months, and 12 – 15 months.	Series of 4 injections.	Infection with Streptococcus pneumoniae bacteria can make children very sick. It causes blood infections, pneumonia, and bacterial meningitis, mostly in young children.

FREQUENTLY ASKED **QUESTIONS & ANSWERS** FOR EMPLOYEES

Q1. Who should I contact if I have questions on Preventive Care Benefits?

A1. Please call the medical plan carrier whose toll-free number is on your health care identification card.

Q2. If during my Health Evaluation the doctor diagnoses a problem, does this count as my Health Evaluation?

A2. Yes, it does. If something is found on the Health Evaluation, it counts as the Health Evaluation (and fulfills its purpose). Be sure your doctor clearly marks “preventive” on all preventive testing claims, so the 100 percent Preventive Care benefit may be paid. However, if a diagnosis results, then further tests and/or treatments need to be submitted under the diagnosis, not as Preventive Care, and will be paid at the normal plan rate.

Q3. How do I know if my doctor has coded the Health Evaluation, tests and immunizations as preventive?

A3. You can have your doctor's office staff call the medical carrier to verify that your claims have been correctly coded using preventive care CPT codes.

Q4. Why does DuPont cover only one routine Health Evaluation every 3 years and not every year?

A4. The DuPont Preventive Health Benefit schedule was developed using the U.S. Preventive Health Services Task Force recommendation. Every 3 years is the suggested interval for a Health Evaluation. This is an important opportunity to periodically review health and behavior risk factors, and to obtain information and advice on how to achieve and maintain optimum health through active participation in preventive care.

Q5. If my doctor feels I'm at risk for a medical condition, will a particular test be covered more frequently based on my doctor's recommendation?

A5. Additional screening tests conducted for people who are considered “at risk” are not part of the basic preventive benefit, but are covered at the plan rate subject to deductibles and coinsurance.

Q6. If a child has a heart condition that requires yearly check-ups, would these be considered preventive and covered at 100 percent?

A6. Since these examinations are due to an existing medical condition, they will be covered at the plan rate for diagnosis/treatment in the medical plan option you have, not at the 100 percent preventive rate.

FREQUENTLY ASKED **QUESTIONS & ANSWERS** FOR EMPLOYEES

Q7. Will the plan cover physicals for children – in particular, children who participate in different sporting events or are going off to camp, and are required to have a physical?

A7. DuPont will cover the physical only if done within the guidelines of the Preventive Care schedule. Many doctors will complete forms at no charge if they have seen the child. Office visit copays, coinsurance and deductibles still apply, but Preventive Care tests and immunizations are covered at 100 percent.

Q8. What happens if I don't get a test or immunization according to the schedule?

A8. The test or immunization will be covered if not previously administered. The regular plan rate will apply if the test or immunization was previously administered under the preventive benefit schedule.

Q9. What happens if a covered test or immunization is not completed during the Health Evaluation?

A9. It will be covered at 100 percent as long as it follows the preventive schedule.

FREQUENTLY ASKED **QUESTIONS & ANSWERS** FOR RETIREES AND SURVIVORS

Q1. Who should I contact if I have questions on Preventive Care Benefits?

A1. Please call the medical plan carrier whose toll-free number is on your health care identification card.

Q2. Why is the Health Evaluation subject to the copayment and deductible?

A2. Covered preventive tests, immunizations, and health evaluations receive 100 percent benefits subject to the office visit copayment/deductible of the applicable plan option. Thus, we are consistent in delivering preventive health benefits to all medical plan members.

The traditional DuPont managed care medical plan design (MEDCAP Point-of-Service) includes an office visit copayment as part of the participant cost-sharing. This copayment applies consistently to all office visits, including preventive care visits. It would be administratively complex to waive the managed care copayment for preventive care services.

Under the MEDCAP Standard benefits, the Health Evaluation and examinations that the doctor performs are paid at 80% of reasonable and customary charges, after the plan deductible is met.

Q3. How does the Preventive Health Benefit coordinate with Medicare coverage?

A3. The maintenance of benefits philosophy at DuPont applies to the Preventive Health Benefits. Medicare is considered the primary plan and will pay first. After Medicare pays its share, the remainder will be coordinated with the DuPont medical plan carrier up to the level of coverage provided by our basic preventive health care benefit.

Medicare has its own schedule of preventive services. Individuals are responsible for 20% of the Medicare-approved amount after meeting the Part B deductible. Additional information on the Medicare preventive schedule, eligibility and costs can be located on the Medicare Web Site: www.medicare.gov.

Q4. If during my Health Evaluation the doctor diagnoses a problem, does this count as my Health Evaluation?

A4. Yes, it does. If something is found on the Health Evaluation, it counts as the Health Evaluation (and fulfills its purpose). Be sure your doctor clearly marks “preventive” on all preventive testing claims, so the 100 percent Preventive Care benefit may be paid. However, if a diagnosis results, then further tests and/or treatments need to be submitted under the diagnosis, not as Preventive Care, and will be paid at the normal plan rate.

Q5. How do I know if my doctor has coded the Health Evaluation, tests and immunizations as preventive?

A5. You can have your doctor's office staff call the medical carrier to verify that your claims have been correctly coded using preventive care CPT codes.

Q6. Why does DuPont cover only one routine Health Evaluation every 3 years and not every year?

A6. The DuPont Preventive Health Benefit schedule was developed using the U.S. Preventive Health Services Task Force recommendation. Every 3 years is the suggested interval for a Health Evaluation. This is an important opportunity to periodically review health and behavior risk factors, and to obtain information and advice on how to achieve and maintain optimum health through active participation in preventive care.

Q7. Why isn't routine vision care covered under the Preventive Health Benefits?

A7. Visual Acuity/Glaucoma tests are covered as part of the preventive health benefits every 3 years, beginning at age 65. However, routine vision care is specifically excluded from coverage under our medical plan. This exclusion is noted in our Summary Plan Description (excluded are charges for eyeglasses, contact lenses or the examination for the prescription or fitting of them; except for one pair of eyeglasses or contact lenses following cataract surgery).

Q8. If my doctor feels I'm at risk for a medical condition, will a particular test be covered more frequently based on my doctor's recommendation?

A8. Additional screening tests conducted for people who are considered "at risk" are not part of the basic preventive benefit, but are covered at the plan rate subject to copayments, deductibles and coinsurance.

Q9. What happens if I don't get a test or immunization according to the schedule?

A9. The test or immunization will be covered if not previously administered. The regular plan rate will apply if the test or immunization was previously administered under the preventive benefit schedule.

Q10. What happens if a covered test or immunization is not completed during the Health Evaluation?

A10. It will be covered at 100 percent as long as it follows the preventive schedule.

RESOURCES AVAILABLE

The following web sites are good resources for further information on prevention and wellness:

AETNA IntelliHealth: www.intelihealth.com

American Cancer Society: www.cancer.org

American Heart Association: www.americanheart.com

American Diabetes Association: www.diabetes.org

Harvard Health Publications: www.health.harvard.edu

Healthfinder: www.healthfinder.gov

Mayo Clinic: www.mayoclinic.com

Mayo Clinic EmbodyHealth: www.MyHealth.DuPont.com

Medicare: www.medicare.gov

MerckSource: www.mercksource.com

National Institutes of Health: www.nih.gov



The miracles of science™