

Are You at Risk for Osteoporosis?

Learn what you can do to keep your bones strong and healthy

Osteoporosis is a loss of bone mass. It has no symptoms, so it's important to know the risk factors.

- **Family history**
- **Age over 50 (women are at higher risk than men)**
- **Being underweight**
- **Poor diet and excessive use of alcohol**
- **Menopause**
- **Diabetes**

What is a bone mineral density test?

A bone mineral density test is a way to learn if your bones are weak and would easily break. If you have already suffered a broken bone, the test measures whether you are at risk to break another bone. Bone mineral density tests are done on different bones in your body, including your spine, hip, ankle or wrist. This test is simple, non-invasive and painless—no needles are involved. It's also covered at 100% under your plan at an in-network provider once every 24 months, so there's no cost to you.

How do I get my results?

Your provider will measure and review your bone strength score or "T" score and let you know if it is low. If you need help, your provider will create a treatment plan.

What will my treatment plan be?

Your provider will work with you to determine your course of treatment. They may prescribe calcium, vitamin D, bisphosphonates and/or other medications. Your provider may also order additional bone mineral density tests to check if your treatments are working.

How can Medical Mutual help me keep my bones strong?

- A Medical Mutual representative will reach out to your healthcare provider to help coordinate care that is appropriate for you.
- We can help you schedule a bone mineral density tests at an in-network facility. Your MedMutual Advantage plan covers bone density exams at no cost for at-risk members every 24 months, or more frequently if ordered by your provider.

What can I do to reduce my chances of breaking a bone?

- Eat a well-balanced diet of foods that contain calcium and Vitamin D, such as low-fat dairy products, eggs, green leafy vegetables and salmon.
- Be active by regularly walking outside or on a treadmill. Try low-impact, weight-bearing activities to help build muscle. If you're not sure where to start, SilverSneakers® offers access to thousands of fitness centers and a wide selection of strength and balance, yoga and tai chi classes for all fitness levels. Visit [SilverSneakers.com](https://www.silversneakers.com) to find classes near you. Talk to your provider before you start a new exercise routine.
- Limit alcohol use. Heavy alcohol use reduces bone mass and increases your risk for broken bones.
- Quit smoking. Tobacco can reduce your bone mass and increase the risk of broken bones.
- Reduce your risk of falling by making your home safer. This can include activities such as removing tripping hazards, improving lighting, and installing grab bars in bathrooms.
- Have your eyes examined once a year as poor vision can increase your risk of falling.

Helpful resources

QuitLine If you need help quitting tobacco, call our QuitLine at 1-866-845-7702. Hearing impaired members can call TTY 1-888-229-2182. Representatives are available from 8 a.m. to 1 a.m.

Sword Health Combining licensed physical therapists with easy-to-use technology, Sword Health can help you overcome joint, back or muscle pain at home and at no cost to you. No physician referral is needed. Learn more at [Join.SwordHealth.com/MedMutual/Register](https://www.join.swordhealth.com/medmutual/register).

Questions? We are here to help.

If you need assistance, call 1-800-586-4523 (TTY: 711 for hearing impaired) and select option 4 to access the 24/7 voicemail. A member of our clinical team will follow up to help you.