



TCO Bone Health Program DEXA Scan

T: 952-456-7153 | E: BoneHealth@TCOmn.com

WHAT'S A DEXA SCAN?

To get an idea of your current bone density, you are going to have a DEXA scan. DEXA stands for *dual-energy X-ray absorptiometry*. This is a quick and simple scan of your hip and spine and involves a very low level of radiation.

HOW WILL I BE SCANNED?

You will lay on a flat, padded table. The technician will help position your legs for the scan. It only takes a few minutes to complete.

IS THIS COVERED BY MY INSURANCE?

It is covered by most insurances. Medicare covers DEXA scans once every two years, or more often if medically necessary.

PREPARATION FOR THE SCAN:

Please stop taking calcium supplements for 24 hours before the scan. You can resume calcium supplement after.

RESULTS:

The scan will be read by a radiologist and then sent to our Bone Health specialist. You will be contacted to discuss the results and a plan.