



Your Guide



Prostate Health Assessment Service

Frequently asked questions

Who is eligible?

- Males aged 40 to 65 who are members of the:
- INMO Income Protection Scheme
- TUI Income Continuance Plan
- Fórsa Salary Protection Scheme:
 - Health & Welfare, Local Government & Local Services and Education Divisions
 - Civil Service in Professional, Technical and Service Grades.

If you are outside of these groups, and notice any symptoms or have concerns, please contact your own GP directly.

What's involved?

A brief questionnaire and a clinical exam followed by a blood test, called a PSA test. There is no fasting required so no need to skip any meals.

Do I have to pay for my GP assessment?

No. The cost of this is fully covered under your Salary/Income Protection/Continuance policy.

How do I book my assessment?

Visit cornmarket.ie/pink-blue-power and follow the instructions. The booking system has been set up to be as convenient as possible. It's all done online through the click of a button. When you have booked successfully, you will get a confirmation email with the date and time of your appointment. We advise you to also choose the SMS reminder option when booking.

What is a PSA test?

It's a blood test that measures the amount of Prostate Specific Antigen (PSA) in your blood. PSA is a protein produced by the prostate. It is normal for all men to have a small amount of PSA in their blood, and this amount rises as you get older. However, a raised PSA level may suggest you have a problem with your prostate.





Where are the assessments being carried out?

Clinics will be conveniently located nationwide. No waiting lists, no excuses! Details of locations will be visible when you book on cornmarket.ie/pink-blue-power

Why am I asked to create a username and password on the website?

So you can create an account to access information about your assessment. Your account is in a secure area so nobody else can access or see it other than you and your assigned team of medical professionals.

What if I have a raised PSA?

This shouldn't be a cause for immediate worry. 2 out of 3 men with a raised PSA, who go on to have a prostate biopsy, do not have prostate cancer (Source: Irish Cancer Society, October 2017). Full Health Medical will contact you to advise you of the next steps and confirm if you need a referral. If your PSA is raised, and you have no other abnormal results, you may be advised to have your PSA test repeated 6 weeks later with your own GP. Continuity of care is guaranteed and Full Health Medical are there to assist you throughout the process.

What happens if I need a referral?

Bon Secours will contact you directly with your referral date within 4-6 weeks of your PSA results. Please see the "referral timeline on page 7" chart for more information.

My PSA test came back normal but I'm still being referred. Why?

The GP reviews other important factors like your age, family and medical history and the results of your physical exam, together with your PSA results. This determines the GP's decision on whether you require a referral for further tests.

Do I have to pay for anything?

The cost of the GP assessment is fully covered. The cost of the referral, if needed, is also covered under your salary/income protection/income continuance policy, if you don't have health insurance. This includes up to 2 consultations, an MRI/CT scan and biopsy, if required. If you do have health insurance, you will be asked to use this at the hospital to help cover the cost of tests or a biopsy, where relevant. Travel/meal/medication expenses, surgery or any other treatment outside of this are not covered.

Will my health insurance be affected if I use it?

No. This will not affect your health insurance policy or premium in any way. Unlike other insurance policies, you are not penalised for using your health insurance. In fact, it's exactly why you are paying for health insurance – so you can use it when you need to. For any queries on your health insurance, please contact your health insurance provider.

Will my results be shared with anyone?

All results/information provided in relation to this programme are strictly confidential and will not be shown to anyone, outside of the medical professionals involved. The information will be retained by the GP clinic, Full Health Medical and Bon Secours (if referred). If referred, Bon Secours will also send information to your own GP (not GP you chose for initial assessment). Your medical information will not be shared with any other third-party.

What if my results detect an infection?

Urinary tract infections in men are extremely rare but if you have an infection, this will show up in your results. Full Health Medical will contact you with your results and explain the next steps. An infection like this will need to be treated separately by your own GP. If you require a referral for further tests relating to prostate health, Full Health Medical will arrange this separately for you.

What GP clinics are participating?

A full list of the clinics participating nationwide and the dates and times available can all be viewed on the Pink and Blue Power website cornmarket.ie/pink-blue-power.

What if I have trouble with the online booking system?

If you have any issues with the online booking system, please contact the Full Health Medical GP service support team through email pinkandblue@fullhealthmedical.com or phone **(01) 554 9795**.

Disclaimer

This service is provided by third-party providers: Full Health Medical and Bon Secours Private Hospital, Dublin. Cornmarket are solely responsible for inviting you to participate. Cornmarket, the participating Union and any other supporting organisations, have no responsibility in the provision of the clinical service and cannot be held responsible for the delivery of the service, the outcome of treatment or any follow-on surgeries, the development of prostate disease or any other any other illness in a member.

MEDICAL HELPLINE

For any other queries, please phone the Full Health GP Service Medical Helpline on (01) 554 9795 or email pinkandblue@fullhealthmedical.com

A prostate assessment only takes a few minutes, it's free, and it could save your life.

Your Prostate Health Assessment

15 minutes could save a life

Step 1



Book appointment

cornmarket.ie/pink-blue-power

Step 2



Initial assessment

- Rapid access to a specialist GP
- Blood test (measures PSA*)
- Clinical prostate exam
- Personal report with clinical findings
- Prostate education

Referral needed

You'll need to move on to **Step 3** for further treatment

No referral needed

No further action required

Step 3



Appointment with a Consultant Urologist

(Bon Secours Private, Dublin)

Access to a Radiologist and Radiographer for MRI / CT Scan and Biopsy (if required).

*Prostate Specific Antigen (PSA)

The reach of Blue Power

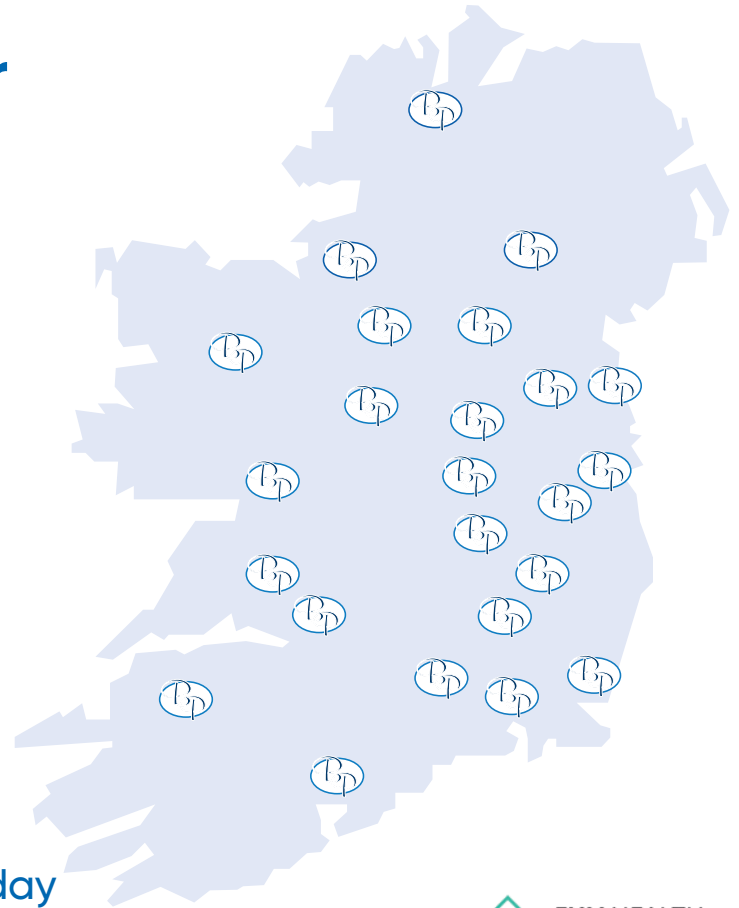
This programme was built to ensure members get access to a comprehensive prostate health assessment. Assessments are available from a select panel of specialist GPs nationwide.

1 in 7 men will be **diagnosed** with **prostate cancer** during their lifetime.

In Ireland, it is the **second most common cancer** in men after skin cancer.

The **risk** of prostate cancer gets higher as men get older.

Source: Irish Cancer Society, November, 2017.



Being vigilant saves lives.
Book your **FREE** appointment today

Visit cornmarket.ie/pink-blue-power

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FULLHEALTH
MEDICAL

Your referral

If you require a referral, it will typically take place 4 – 6 weeks after your PSA results. This process and timeline is in keeping with national guidelines and is clinically devised by Mr. Richard Power, Consultant Urologist and Transplant Surgeon, leading this programme.

If your results are an immediate cause for concern, Full Health Medical will phone you directly. Otherwise, try to relax during the weeks leading up to your referral. Most referrals result in a perfectly normal outcome.

If you would like to talk to a medical professional in the interim, please contact the Full Health Medical helpline through email: pinkandblue@fullhealthmedical.com or phone: **(01) 554 9795**.

Timeline



GP APPOINTMENT

The GP will confirm if you need a referral based on their assessment.



PSA RESULTS

Full Health Medical will contact you with your PSA results within 5 working days of your GP appointment.



REFERRAL DATE CONFIRMED


Bon Secours will contact you directly within 5 working days of receiving your PSA results from Full Health Medical.



REFERRAL TAKES PLACE

Typically 4-6 weeks after your PSA results (as long as your PSA test is clear/doesn't need to be repeated).



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