

BONE DENSITY SCAN (DEXA- SCAN) FOR OSTEOPOROSIS AND BONE FRAGMENTATION

Overview of Benefit

Bone density scans (DEXA scans) are used to assess bone strength and identify the risk of osteoporosis and fragility fractures.

The Scheme does not routinely fund bone density scans for all members. However, funding is available under specific conditions as outlined below.

Eligibility for Funding

Bone density testing is clinically indicated and funded under the Lifestages Benefit for:

- Women aged 65 years and older
- Men aged 75 years and older

For members below these age thresholds:

- Women under 65 and men under 75 may access bone density scans through their available radiology benefits, subject to benefit limits.
- Routine screening is generally not recommended unless significant risk factors are present.



RISK ASSESSMENT FOR FRAGILITY FRACTURES

For members who do not automatically qualify under the age-based criteria, a clinical risk assessment may be used to determine eligibility.

ASSESSMENT QUESTIONNAIRE	YES	NO
Previous fragility fracture	☐	☐
Current use or frequent recent use of oral or systemic glucocorticoids	☐	☐
History of falls	☐	☐
Family history of hip fracture	☐	☐
Low body mass index (BMI) (less than 18.5 kg/m ²)	☐	☐
Smoking	☐	☐
Alcohol intake exceeding 14 units per week for men and women	☐	☐
Early menopause without hormone replacement treatment (HRT)	☐	☐
History of cancer and/or chemotherapy	☐	☐
Renal disease or renal failure	☐	☐

Clinical Considerations

Routine fracture risk assessment is not typically performed in individuals under 65 years of age, unless they present with significant risk factors, such as:

- Prior fragility fractures
- Long-term corticosteroid use
- Untreated premature menopause

This approach ensures that testing is clinically appropriate and targeted toward members with a higher likelihood of risk.

Funding Requirements (Lifestages Benefit)

For funding to be considered under the Lifestages Benefit, the following requirements must be met:

1. A letter of motivation from the treating healthcare provider
2. Clinical justification, supported by the risk assessment criteria
3. Alignment with the Scheme's age-based eligibility guidelines:
Women ≥ 65 years
Men ≥ 75 years

Bone density testing plays an important role in the early identification and management of osteoporosis. The Scheme's approach ensures that access to this benefit is clinically appropriate, evidence-based, and aligned with member risk profiles, while still allowing flexibility through radiology benefits where applicable.

