

**C-8 (PFOA) MEDICAL MONITORING PROGRAM
MEDICAL PANEL RECOMMENDED FOLLOW-UP
FOR NEW SYMPTOMS OF
PROBABLE LINK CONDITIONS**

The Medical Panel has recommended that after your C-8 Medical Monitoring initial screening appointment you should continue to monitor any symptoms listed below **that you did not have** at the time of your screening appointment. Should you develop any of these symptoms after your initial screening, you should contact your physician to schedule a follow-up appointment. The Medical Monitoring Program will pay for the covered follow-up testing your physician believes is necessary due to symptoms that were not present at the time of your initial screening appointment.

Please note that the purpose of a follow-up appointment if you have developed a new listed symptom is to screen you for the associated disease. If you have already been diagnosed with that disease, you do not need to be screened and the Medical Monitoring Program will not pay for an additional screening appointment.

Please review the symptoms associated with each disease below and call your screening physician if you have developed these symptoms since your screening appointment and have not been diagnosed with the associated disease.

1. Thyroid Disease

1. Clinical hypothyroidism (thyroid hormone too low): develop several symptoms that include severe fatigue, cold intolerance, unintentional weight gain, constipation, dry skin, muscle pain or weakness, and menstrual irregularities.
2. Clinical hyperthyroidism (thyroid hormone too high): develop several symptoms that include anxiety, tremor (shakes), heart palpitations, heat intolerance, increased perspiration, and weight loss despite a normal or increased appetite.

2. Ulcerative Colitis

1. Diarrhea (with or without blood) that lasts more than 10 days.
2. Waking up at night to move your bowels.
3. Feeling you have to get to the bathroom urgently to have a bowel movement and that you might not make it in time for more than half of your stools over a 6 week period.

3. Testicular Cancer

1. Testicular abnormality such as pain, fullness, mass, stone or change in size.
2. Gynecomastia (male breast enlargement)

4. Kidney Cancer

1. Blood in your urine.
2. Pain in your abdomen on most days in the last two months.
3. A fever on most days for the past two weeks.
4. Recent loss of weight without trying

5. High Cholesterol

There are no specific symptoms associated with this condition.

6. Pregnancy Induced Hypertension and Preeclampsia

There are no specific symptoms associated with these conditions. All pregnant women should be screened for these conditions as part of regular health care for these conditions during each pregnancy.

If you have any questions regarding this letter or need further assistance with appointment scheduling please contact a dedicated HealthSmart C-8 Medical Monitoring representative at 800-222-1368. Office hours for the C-8 Medical Monitoring call center are Monday through Friday, 8:00 AM to 7:00 PM. Should you have any lab work performed for the monitoring of any of the symptoms referenced in this letter, please remind your physician that the use of LabCorp is required by the Medical Monitoring Program.