

Invest in Your Health Today!

Health screenings are essential to prevention and early detection of many diseases. The following screenings will give you the information necessary to enhance your health and further improve your quality of life.

Body Check—\$175

This screening includes:

- Blood work—Health Fair Panel
- Sleep questionnaire
- Lung function test
- Body composition, weight and Body Mass Index
- Hip to waist ratio
- EKG—results read by a Board Certified Cardiologist
- Bone Density screening
- Peripheral Arterial Disease screening:
 - Ankle brachial index: evaluation of leg circulation
 - Carotid Artery disease screening: ultrasound of the carotid vessels
 - Abdominal Aortic Aneurysm screening: ultrasound of the aorta
- Health Education with a Wellness Specialist
- Health Information Packet
- Upon request:
 - Body Check + take home colorectal kit—\$185
 - Body Check + PSA blood test—\$205



Screenings are held at Summit View Medical Commons on Tuesdays. All results are sent to your personal physician and to you.

Call (970) 350-6070 to schedule an appointment.

Peripheral Arterial Disease Screening- \$100

This screening includes:

- Ankle brachial index: evaluation of leg circulation
- Carotid Artery disease screening: ultrasound of the carotid vessels
- Abdominal Aortic Aneurysm screening: ultrasound of the aorta
- CardioChek fingerstick: lipid panel
- Health Education with a Wellness Specialist
- Health Information Packet

Screenings are held at Summit View Medical Commons on the 1st and 3rd Tuesday of the month. All results are sent to your personal physician and to you.

Call (970) 350-6070 to schedule an appointment.

CT Heart Score

A Calcium Score Screening

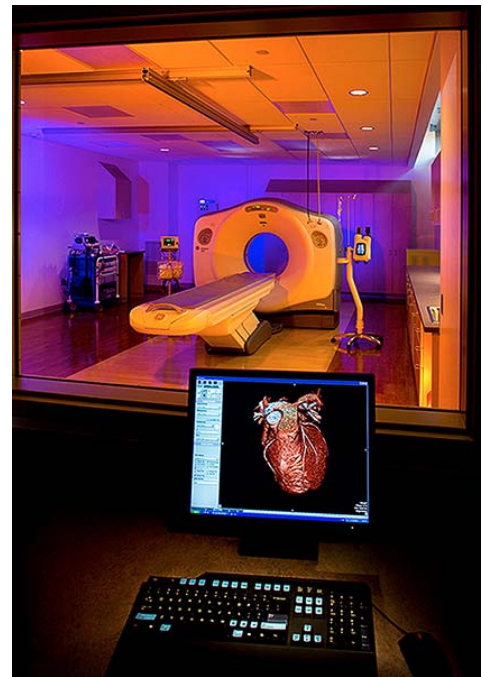
Cardiac Scoring

Heart Score provides computed tomography (CT) cardiac scoring, a noninvasive test that accurately measures the amount of calcified plaque in the arteries.

The procedure begins with a fast, painless CT exam. CT, more commonly known as CAT scanning, uses x-rays and multiple detectors to create interior images of the heart. And, because it works more than seven times faster than a conventional CT scan, the motion of the heart and blood does not blur the pictures it creates. By analyzing images of the coronary arteries, a cardiologist can determine how much calcified plaque the arteries contain.

What To Expect:

- It is important for you to have a clear understanding of your cardiac health. One of the goals of this program is to increase your awareness of heart disease and what factors may increase your risk for heart-related problems.
- A 10 minute wellness consultation with a Wellness Specialist is included. The consultation will focus on cardiac risk factor education, identification of non-modifiable and modifiable risks, and lifestyle behavior change options.
- During your exam, you will lie in your clothing on a table with a donut-shaped scanner around your chest. The scanner takes a picture of your heart while you hold your breath for approximately 20 seconds. The information acquired during your CT exam is then interpreted by a cardiologist and the amount of calcium in your coronary arteries is quantified. A report is sent to the physician designated at the time of scheduling.
- After your heart score is finished, we will share the results with you. If your coronary calcium score is high, you will be able to meet with a CardioVascular Institute provider to discuss what your next steps should be.



Coronary Artery Disease

Coronary artery disease, also known as atherosclerosis, occurs when the arteries carrying blood and oxygen to the heart become clogged with plaque. The plaque build-up slows blood flow to the heart muscle and increases the chance of fatal and non-fatal heart attack.

Risk Factors

Heart Score can detect the presence of coronary artery disease. People with three or more of the following factors are at increased risk of heart disease.

- High Blood Pressure
- Diabetes
- High Cholesterol
- Family history of heart disease
- Smoker
- Sedentary lifestyle
- Overweight by 20 percent or more
- High stress lifestyle
- Men over 45 years of age
- Women over 55 years of age

CT Heart Score Screening cost: \$199
Call (970) 350-6070 to schedule an appointment.