

# Heart Health Checks

ASSESSMENT	EXPRESS 10 MINS	STANDARD 15 MINS	STANDARD+ 15 MINS	PREMIUM 20 MINS	PREMIUM+ 20 MINS
Blood Pressure	✓	✓	✓	✓	✓
Resting Heart Rate	✓	✓	✓	✓	✓
Blood Glucose	✓	✓	✓	✓	✓
Total Cholesterol	✓	✓	✓	✓	✓
Waist Circumference	✓	✓	✓	✓	✓
Physical Activity*		✓	✓	✓	✓
Diet & Nutrition*		✓	✓	✓	✓
Smoking & Alcohol*		✓	✓	✓	✓
HDL Cholesterol			✓	✓	✓
TC / HDL Ratio			✓	✓	✓
CVD Risk Score			✓	✓	✓
Diabetes Risk Score				✓	✓
Emotional Health*				✓	✓
LDL					✓
Triglycerides					✓

\* Indicates a pre-consultation questionnaire

**CVD Risk:** One-fifth of Australians aged 45-75 years are at high risk of having a heart attack or stroke in the next five years. Absolute cardiovascular disease (CVD) risk is the numerical probability of a cardiovascular event occurring within a five-year period. *Heart Foundation*

**Diabetes Risk:** Type 2 diabetes is the fastest growing chronic condition in Australia. The Australian Type 2 Diabetes Risk Assessment Tool calculates your risk of type 2 diabetes in the next 5 years. *Baker IDI Heart & Diabetes Institute*

**Emotional Health:** There is now evidence to show that depression can be as big a risk factor for Coronary Heart Disease (CHD) as smoking, high cholesterol levels and high blood pressure. Depression can also affect the recovery of people with CHD and increase their risk of further heart problems. *Heart Foundation*