

# Heart Health Checks

ASSESSMENT	Express <sup>#</sup>	Standard	Premium - Body	Premium - Mind	Platinum	Online Lifestyle check
Duration	10 mins	15 mins	20 mins	20 mins	30 mins	15 mins
Blood Pressure	✓	✓	✓	✓	✓	
Resting Heart Rate	✓	✓	✓	✓	✓	
Blood Glucose	✓	✓	✓	✓	✓	
Total Cholesterol	✓	✓	✓	✓	✓	
Waist	✓	✓	✓	✓	✓	^
Smoking*	✓	✓	✓	✓	✓	✓
Physical Activity*		✓	✓	✓	✓	✓
Alcohol*		✓	✓	✓	✓	✓
Diet & Nutrition*		✓	✓	✓	✓	✓
Sleep*		✓	✓	✓	✓	✓
Lifestyle		✓	✓	✓	✓	✓
Goal Setting					✓	
Waist to Height			✓	✓	✓	^
HDL Cholesterol			✓	✓	✓	
TC / HDL Ratio			✓	✓	✓	
CVD Risk Score			✓		✓	
Diabetes Risk Score			✓		✓	^
Mental Health*				✓	✓	
LDL					✓	
Triglycerides					✓	

\* Indicates a pre-consultation questionnaire

^ Can be completed if participant completes self measurements

# Express checks are only available for Health Expos and launch events

**CVD Risk:** Absolute cardiovascular disease (CVD) risk is the numerical probability of a cardiovascular event occurring within a five-year period.

**Diabetes Risk:** The Australian Type 2 Diabetes Risk Assessment Tool calculates your risk of type 2 diabetes in the next 5 years.

**Mental Health:** The Kessler Psychological Distress Scale (K10) test, or K10 assessment is a self-administered test to help a respondent determine to what extent they have experienced depression or anxiety over the last month. It is recognised for its accuracy and reliability and is widely used by health professionals to assess people showing signs of anxiety and depression.