

Descriptions of Each Screening

Coronary Calcium CT Scan (Calcium Score)

A coronary calcium CT scan, also known as a heart scan, is looking for calcium particles in the plaque along the walls of the heart's (coronary) arteries. Coronary blockage increases the risk of cardiac events. Knowing your calcium score can help your doctor determine the best treatment for slowing the progression of Coronary Artery Disease (CAD).

Carotid Artery Ultrasound

A carotid artery ultrasound is a safe, painless procedure that uses sound waves to examine the blood flow through the carotid arteries. Your two carotid arteries are located on each side of your neck and deliver blood from your heart to your brain. The ultrasound tests for blocked or narrowed carotid arteries, which can increase the risk of stroke. Early diagnosis and treatment of a narrowed carotid artery can decrease stroke risk.

Carotid ultrasounds are recommended if you who have medical conditions that increase the risk of stroke, including:

- High blood pressure
- Diabetes
- High cholesterol
- Family history of stroke or heart disease
- Recent transient ischemic attack (TIA) or stroke
- Abnormal sound in carotid arteries (bruit), detected using a stethoscope
- Coronary artery disease

Abdominal Aortic Ultrasound

Your doctor may recommend an abdominal ultrasound if you're at risk of an abdominal aortic aneurysm. An aneurysm occurs when an artery's wall weakens and causes an abnormally large bulge. This bulge can rupture and cause internal bleeding.

A one-time abdominal aortic ultrasound screening is recommended for men between the ages of 65 and 75 who have smoked at least 100 cigarettes during their lifetime.

Risk factors for abdominal aortic aneurysm include:

- Being male
- Being age 65 or older
- Being white
- A history of atherosclerosis — a thickening of the walls of your arteries
- A family history of abdominal aortic aneurysm
- Smoking cigarettes
- High blood pressure (a systolic pressure of 140 to 159 mm Hg, or a diastolic pressure of 90 to 99 mm Hg)
- An aneurysm in one of your other arteries
- Obesity

12-Lead Electrocardiogram (EKG)

An EKG measures the rhythms of the heart. It may be used to evaluate and monitor abnormalities in heart rhythm and rate, reduced blood flow in the arteries in the heart (ischemia), and other heart conditions.

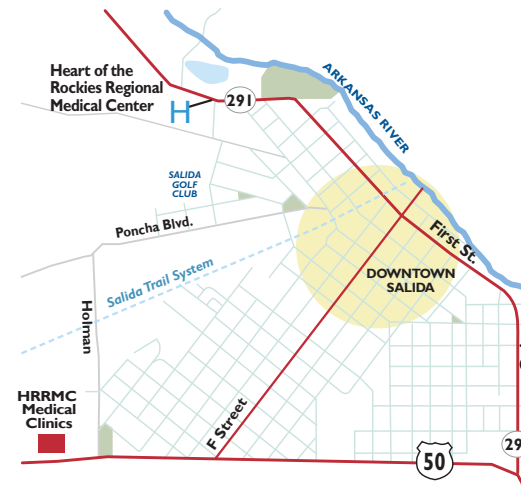
PADnet Test

This test provides early detection of peripheral artery disease (PAD), when treatment options are the broadest. PADnet identifies blockages in the arteries and the quality of blood flow using pulse-volume recordings and segmental blood pressure measurements. Blockage in the lower extremities increases the risk of cardiac events. Treatment may include lifestyle modification as well as invasive and non-invasive medical treatments.

Direct Access Blood Draw (Lipid Panel)

The lipid panel screens for blood findings associated with cardiovascular risk. It tests for total cholesterol, triglycerides, HDL cholesterol, LDL cholesterol and VLDL cholesterol.

Our Location



1000 Rush Drive, Salida, CO 81201 • hrrmc.com

**For more information about
Direct Access Cardiovascular Screening,
call (719) 530-2057.**



HRRMC Direct Access Cardiovascular Screening



**Heart of the Rockies
Regional Medical Center
1000 Rush Drive • Salida, CO 81201
www.hrrmc.com**

HRRMC Direct Access Cardiovascular Screening —an affordable way to monitor your health

What is Direct Access Cardiovascular Screening?

Direct Access Cardiovascular Screening (DACS) is part of HRRMC's Wellness U program and provides you with the option to order selected cardiovascular screenings on your own, without a physician's order. Your payment for DACS is required up front, by cash, check or credit card.

When and where is this service available?

DACS is provided at HRRMC, 1000 Rush Drive, Salida, CO. Appointment times are the second and fourth Tuesday of each month, in the morning. Appointments are required and must be scheduled at least two weeks in advance of the screening.

How do I schedule an appointment?

If you only want to order a coronary calcium CT scan (calcium score), please call the HRRMC Imaging Department directly at 719-530-2202. To order the full panel (five screenings and one lab test) or any of the other individual screenings (carotid artery ultrasound, abdominal aortic artery ultrasound, 12-lead EKG, or PADnet), please call Wellness U directly at 719-530-2057. If you are experiencing acute cardiac symptoms at the time of scheduling, you will be referred to your primary care provider or the nearest emergency room.

How do I prepare for the screenings?

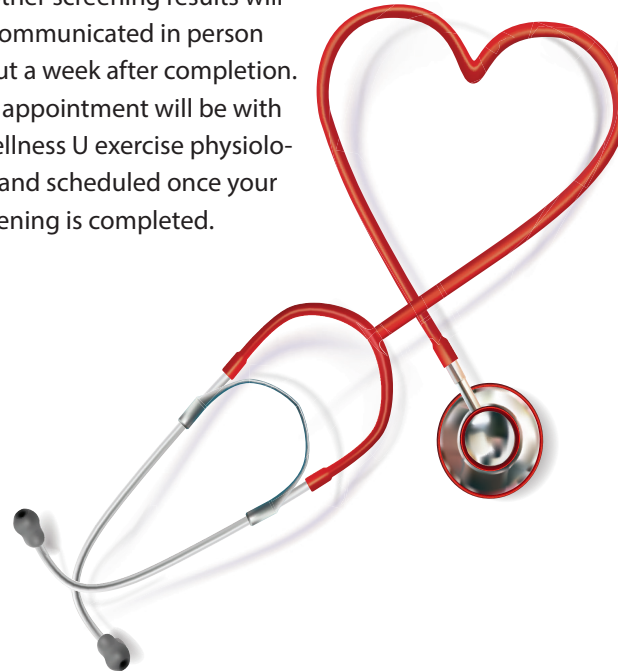
Fasting is required for all five cardiovascular screenings. You will be given preparation instructions when you call to make your appointment.

What's the difference between DACS and physician-ordered screenings?

Physicians do not have computer access to your DACS results, and results will not be stored in your HRRMC Clinic Record or HRRMC Hospital Medical Records. Because DACS has no physician referral, HRRMC cannot include the screening results in patients' medical records. This means that physicians will not be responsible to act upon the results, unless you yourself distribute the DACS results to your physician and he/she agrees to accept and interpret your results.

How will you receive your results?

Results for the coronary calcium CT scan (calcium score) are provided at the time of the service. All other screening results will be communicated in person about a week after completion. This appointment will be with a Wellness U exercise physiologist and scheduled once your screening is completed.



What if I experience ill effects from a treatment I receive from my physician, based on the information provided by this program?

HRRMC's Radiology, Cardiopulmonary, Laboratory, or Wellness managers and staff, and any volunteer personnel involved in this program are not liable for ill effects or poor outcomes of treatment, or lack of treatments, you receive, or don't receive, from your physician based on the results of this program.

Can I arrange to have HRRMC share my screening results with my personal physician?

No. HRRMC will not send your DACS results to your physician. It is your responsibility to send or share your results with your personal physician.

Can HRRMC bill my insurance for a Direct Access Cardiovascular Screening?

No. HRRMC will not bill insurance or any third-party payers for DACS tests. HRRMC accepts cash, checks or credit cards, up front, at the time of service.

Will the insurance company reimburse me for the costs of the screenings?

Probably not. Since DACS is not ordered by a physician, most insurance companies will not reimburse you for the cost of the screening. Please check with your insurance company.

Why don't insurance companies routinely cover these screenings?

Since these are not ordered by a physician, insurance companies most likely will not cover them. Please check with your insurance company.

Cardiovascular Screenings offered:

Full Cardiovascular Screening.....	\$510
(Includes the five (5) cardiovascular screenings below along with a direct access lipid panel.)	
Coronary Calcium CT Scan.....	\$129
(Calcium Score)	
Carotid Artery Ultrasound	\$235
Abdominal Aortic Ultrasound	\$79
12-Lead Electrocardiogram (EKG)	\$59
Peripheral Artery Disease Test (PADnet) ...	\$135
Direct Access Blood Draw (Lipid Panel).....	\$25

Screenings may be ordered individually or as a bundle. See reverse side for screening descriptions.

