

# Use your preventative care benefit!

Heart Disease Prevention Program is now covered by Preventative Care Benefit in the Colorado State University Insurance Plans with **Anthem** and **UnitedHealthcare!**

There is **NO** co-pay!

Plan Type	Cost to Insured	Savings!
Any plan	\$0	\$480

Wow!! Take advantage of this state of the art evaluation that is right here at CSU!



The Heart Disease Prevention Program is an outreach program of the Department of Health and Exercise Science and Human Performance Clinical Research Laboratory.

For more information <https://www.chhs.colostate.edu/hes-hpcrl/heart-disease-prevention-program/>

The Heart Disease Prevention Program is designed to assess known risk factors for cardiovascular disease and to use these risk factors in the development of personalized strategies for lifestyle changes with the intent to reduce the individual's risk of developing heart and vascular disease.

The program includes:

- ♥ Physical Examination
  - ♥ Blood and Urine Analysis
  - ♥ Physical Exam
  - ♥ Medical History
  - ♥ Resting 12-lead Electrocardiogram (ECG)
  - ♥ Resting Blood Pressure (Supine, Sitting and Standing)
- ♥ Body Composition Assessment
  - ♥ Skinfold Measurements
  - ♥ Fat Distribution Assessment (Girth Measurements and Sagittal Diameters)
- ♥ Pulmonary Function Tests
  - ♥ Vital Capacity
  - ♥ Forced Expiratory Volume in One Second
  - ♥ Residual Volume
- ♥ Handgrip Strength
- ♥ Flexibility Test
- ♥ Maximal Exercise Test
  - ♥ 12-lead ECG
  - ♥ Blood Pressures
  - ♥ Physician Interpretation and Consultation
- ♥ Coronary Risk Profile
- ♥ Exercise Prescription
- ♥ Individualized Follow-up Consultation

## Heart Disease Prevention Program

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