



Heart Disease Prevention Program

Human Performance Clinical Research Laboratory

Heart Disease Prevention Program is covered by the Preventative Care Benefit for CSU employees with:

- **Anthem**
 - CSU Green
 - CSU Ram
 - Aggie Orange
 - Colorado Pathway Plans
- **Cigna**



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.

Your preventative care benefit covers the **Stalwart** evaluation!

The **Stalwart** evaluation includes:

- Physician supervised 12 lead EKG maximal treadmill testing
- Lipid and glucose analysis
- Personalized lifestyle guidance

Our additional fee based services include:

- Pulmonary function assessment
- Body composition and analysis
- Strength and flexibility assessment

Scan the
QR code
to find out more!



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

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