

Costs

Invest in Your Health and Future

It can cost up to \$10,000/year to \$18,000/year if a person has a heart attack or stroke. In the long run, Advanced Testing at WMC is a small investment to start looking more into your health risk for heart attack and stroke.

Commercial Insurance and Medicare

Your cost (out-of-pocket cost) varies based on your insurance plan and deductible. WMC will bill your insurance, but in many cases, Advanced Testing will not be covered by insurance. Why? Insurance companies sometimes cover costs of testing if a person has a particular diagnosis or condition. If a person wants to prevent a heart attack or stroke, the person may not have a diagnosis or condition yet.

Please prepare to receive a bill because Testing may not be covered by your insurance company. With most commercial insurance plans including United Healthcare, Aetna, or Medicare, your estimated cost is lower. Anthem BCBS is not in network with Cleveland Heart Labs and costs may be higher. Costs may be higher with Cigna plans as well. If you receive a bill, we encourage you

My Provider's Recommendations

- CHL Level 1 Testing: \$100 (max)
- CHL Level 2 Testing: \$400 (max)
- Boone Heart CIMT: \$175 cash
(\$35 CO Medicare max)
- Central Blood Pressure: \$16-\$110



Questions for Your Medical Provider

- ✓ *What makes these tests advanced? Why doesn't my cardiologist use them?*
- ✓ *What is my risk of stroke or heart attack?*
- ✓ *When should I be tested? How often will I need to be tested?*
- ✓ *Do I need Level 1 or Level 2 testing?*
- ✓ *Should I expect to pay cash? Is there any out-of-pocket cost?*



ADVANCED CARDIOVASCULAR CARE



Talk to your Provider to learn more.

* 303-428-7449 *
www.westminstermedicalclinic.com

Understanding Your Cardiovascular Health

Approximately 50% of people who have a heart attack or stroke have normal cholesterol. Measuring cholesterol alone is not enough to truly understand your heart health. It is important to also test for inflammation inside your body.

Heart disease is still the leading cause of death in the United States. More people under age 65 die from preventable heart disease than those 65 and older.

What Causes a Heart Attack or Stroke?

Heart attacks occur when a coronary artery becomes blocked and blood cannot get to the heart. These blockages are caused by buildups of cholesterol along the artery wall called plaque. When these buildups become inflamed, it can rupture or break causing a clot to form. The combination of the plaque buildup and clot can cause blockage of the coronary artery, which can lead to a heart attack. If this happens in an artery that is bringing blood to your brain, a stroke can occur.



Almost half of all patients tested at WMC have learned they have a risk of heart disease and stroke! And now getting better care.

What is Your Risk?

- **Age/Gender:** Your risk increases with age. Men are at higher risk if over 45 years of age and women if over 55 years of age.
- **Family History:** Your risk is higher if members of your family have had heart disease or heart attack or stroke at a younger age.
- **Genetics:** Your risk is higher depending on some of your genes and proteins in your body.
- **High Blood Pressure:** Normal blood pressure is less than 120/80 mm Hg when you are at rest. Risk increases as your blood pressure increases above this level.
- **Physical Inactivity:** Sitting for too long increases your risk.
- **Obesity or Overweight:** Your risk is higher with a Body Mass Index above 27.5.
- **Alcohol and Tobacco Use:** Research shows that tobacco use increases your risk. Alcohol use can increase or decrease risk depending on your genetics and how much you drink.
- **Inflammation and Chronic Illness:** Your risk increases if you have a chronic illness such as diabetes or hypertension. Risk also increases if you have a history of chronic inflammation from diseases, poor nutrition, lifestyle, and stress.

Advanced Testing & Labs

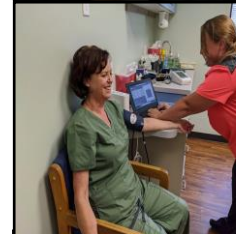
WMC combines modern, medical research with current clinical guidelines to develop these recommendations. This testing is not available at most primary care practices or cardiology offices. WMC Providers recommend 3 types of tests listed below. *For more information of test descriptions, please visit our website!*



Cleveland Heart Labs at WMC
Get bloodwork to determine your types of cholesterol present, markers for inflammation, and metabolism.



Boone Heart Institute at WMC
Get the Carotid Intima-Media Thickness (CIMT) ultrasound that measures the thickness of your carotid arteries and plaque buildup in your arteries (the large arteries in your neck).



Central Blood Pressure at WMC
Test the blood pressure of the aorta. Measuring the blood pressure of the aorta instead of the blood pressure in your arm is a more accurate measure of your blood pressure.

Appointments with Your Provider & Health Coach

Advanced Testing is a first step to start improving your future health today. Your Provider will ask you to return to Westminster Medical Clinic to discuss the results of in 3-4 weeks. Then, Providers may recommend that you get Advanced Testing again in 3-6 months to track your progress. WMC offers Health Coaching to help with the lifestyle recommendations your provider prescribes to improve your results. As you set out to improve your cardiovascular health, it is helpful to have a Health Coach support your efforts and filter out the confusion and misinformation of the internet.