

# COMMUNITY RESOURCES

FROM ST. JOSEPH'S HOSPITALS

## HEALTHY HEART ASSESSMENTS

*Reaching out to our community through Corporate and Public Wellness Programs*

### Healthy Heart \*

- Lifestyle assessment
- Full lipid panel (profile for heart risk)
  - Total cholesterol
  - HDL cholesterol
  - LDL cholesterol and triglycerides
- Blood pressure
- Blood sugar
- Body Mass Index (BMI) height/weight calculation
- Health risk appraisal (confidential report of results)
- Corporate Healthy Heart Summary Report

### Tanita Scale

- The Tanita Scale uses Bioelectrical Impedance Analysis (BIA) to estimate the amount of lean and fat tissue within the body. This screening calculates fat mass, fat-free mass, fat percentage, total body water, among other things, to understand healthy body weight.

### Personalized Healthy Heart Screening - Level I

- 30-minute screening offers customized educational materials in a convenient, personal and private environment
- Full lipid panel (profile for heart risk)
  - Total cholesterol\*\*
  - HDL cholesterol\*\*
  - LDL cholesterol and triglycerides\*\*
  - Glucose (measures blood sugar levels)
- Blood pressure
- Body Mass Index (BMI) height/weight calculation
- Health risk appraisal (confidential report of results)
- 10-minute individual consultation with Advanced Registered Nurse Practitioner (ARNP)

### Personalized Healthy Heart Screening - Level III

- 80-minute screening offers customized educational materials in convenient, personal and private environment
- Full lipid panel (profile for heart risk)
  - Total cholesterol\*\*
  - HDL cholesterol\*\*
  - LDL cholesterol and triglycerides\*\*
  - Glyco-hemoglobin (measures blood sugar levels over time)
- Body Mass Index (BMI) height/weight calculation
- Ankle/Brachial index (assessment of lower extremity arterial flow; marker for overall vascular disease risk)
- Electrocardiogram (EKG) (picture of heart's electrical activity)
- Health risk appraisal (confidential report of results)
- 30-minute individual consultation with ARNP
- 20-minute individual consultation with Lifestyle Consultant (nutrition or exercise)

### Advanced Healthy Heart Screening

- Includes Healthy Heart Level III and Ultrasound Screenings with professional interpretations by an Advanced Registered Nurse Practitioner (ARNP)

### Ultrasound Screening

- Echocardiogram (heart ultrasound)
- Carotid Artery (stroke risk ultrasound)
- Abdominal Aortic Aneurysm (AAA) (aortic wall ultrasound)
- Electrocardiogram (EKG) (picture of heart's electrical activity)

\*Minimum participation required.

\*\*Sample obtained through finger stick. 12-hour fast is preferred.

*Customized programs available.*

**Women's Healthy Heart Center (813) 872-3780**

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FROM ST. JOSEPH'S HOSPITALS

## HEALTHY HEART CENTER BASED ASSESSMENTS

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### Tanita Scale

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### Personalized Healthy Heart Screening - Level I

- 30-minute screening offers customized educational materials in a convenient, personal and private environment
- Full lipid panel (profile for heart risk)
  - Total cholesterol\*\*
  - HDL cholesterol\*\*
  - LDL cholesterol and triglycerides\*\*
  - Glucose (measures blood sugar levels)
- Blood pressure
- Body Mass Index (BMI) height/weight calculation
- Health risk appraisal (confidential report of results)
- 10-minute individual consultation with Advanced Registered Nurse Practitioner (ARNP)

### Personalized Healthy Heart Screening - Level III

- 80-minute screening offers customized educational materials in convenient, personal and private environment
- Full lipid panel (profile for heart risk)
  - Total cholesterol\*\*
  - HDL cholesterol\*\*
  - LDL cholesterol and triglycerides\*\*
  - Glyco-hemoglobin (measures blood sugar levels over time)
- Body Mass Index (BMI) height/weight calculation
- Blood pressure
- Ankle/Brachial index (assessment of lower extremity arterial flow; marker for overall vascular disease risk)
- Electrocardiogram (EKG) (picture of heart's electrical activity)
- Health risk appraisal (confidential report of results)
- 30-minute individual consultation with ARNP
- 20-minute individual consultation with Lifestyle Consultant (nutrition or exercise)

### Advanced Healthy Heart Screening

Includes Healthy Heart Level III and Ultrasound Screenings with professional interpretations by an Advanced Registered Nurse Practitioner (ARNP)

### Ultrasound Screening

- Echocardiogram (heart ultrasound)
- Carotid Artery (stroke risk ultrasound)
- Abdominal Aortic Aneurysm (AAA) (aortic wall ultrasound)
- Electrocardiogram (EKG) (picture of heart's electrical activity)

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