

UW Medicine

## Cardiovascular Wellness and Prevention Program

*At UW Medicine Sports Medicine Center*

*This handout explains our Cardiovascular Wellness and Prevention Program. It tells what to expect when you enroll in the program.*

### What is the Cardiovascular Wellness and Prevention Program?

The Cardiovascular Wellness and Prevention Program assesses your risk of *cardiovascular* disease. This kind of disease affects your heart and blood vessels.

The program is for active older adults and masters athletes. It checks your risk for *silent coronary artery disease* and other serious heart conditions.

Our goals are to help you exercise safely, meet your activity goals, and keep your heart healthy.



*This program is for active older adults and masters athletes.*

### What can I expect?

Each step in your assessment tells us about your long-term risk of having a cardiovascular problem. Your assessment will include:

- Blood tests to check your risk for heart disease.
- A *computed tomography* (CT) scan. This scan will check for *calcium* deposits or *plaque* that can narrow your blood vessels.
- A clinic visit with one of our participating providers. This visit will include:
  - A full physical exam.
  - A review of your personal and family health history.
  - Talking about your current exercise practice and goals.
  - A *resting electrocardiogram* (EKG). This test shows your heart rhythm when you are at rest.

Your visit may be with a provider at one of these UW Medicine clinics:

- Sports Medicine Center at Husky Stadium
- Heart Institute at Eastside Specialty Center
- Heart Institute at UW Medical Center

## **What happens after the assessment?**

Based on your assessment, our sports medicine and heart doctors will create a wellness and prevention plan just for you. Your plan may include:

- Changes to your exercise routine
- Changes in your diet
- Medicines
- More testing, if needed

## **Who can enroll in this program?**

You may enroll in this program if you are a healthy, active adult, you are 35 to 70 years old, and you do not already have heart disease.

## **What are my next steps?**

Call 206.598.3294 weekdays from 7 a.m. to 5 p.m. Press 2 when you hear the recording. Tell the scheduler that you want to enroll in the Cardiovascular Wellness and Prevention Program.

A nurse will explain the program, and tell you about the tests you will need to have done before your clinic visit.

Your clinic visit with one of our participating providers will be about 4 to 6 weeks after you enroll. This gives you the time to have your blood tests and CT scan done before your visit.

## **Will my health insurance cover this program?**

Most insurers cover the lab tests, the EKG, and your provider visit. Please ask us for the insurance codes if you want to check with your insurer.

The CT scan costs \$167 and is not covered by insurance. We will send you a bill for this service.

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports  
Medicine Center: Call  
206.598.DAWG (3294) and  
press 2.