

# Heart of the Family

The risk of heart disease and its associated risk factors are strongly linked to **family history**. As you help and support your loved one through their cardiac recovery, it's also important to take care of yourself. While we can't change genetics, WellStar's Heart of the Family program for family members of cardiac patients offers preventive, wellness and counseling services to help you lower your risk of heart disease.

## **Know Your Heart**

Know Your Heart is a self-pay preventive screening program designed to determine your risk of heart disease, stroke and other serious conditions. Call **770-956-STAR (7827)** for eligibility and to schedule an appointment.

## **Heart Fit Wellness Consult**

A WellStar Cardiovascular Medicine Wellness Coach will provide a free session on strategies for a healthier lifestyle and recommend a wellness program that best fits your needs. For more information, please call **470-956-9651**.

## **Heart Fitness Exercise Programs**

Heart Fitness is a supervised health and fitness routine with an individualized plan to improve your cardiovascular health. For more information, please call **470-956-9651**.

## **Cardiac Behavioral Health**

Depression, anxiety, and stress have all been connected to developing coronary artery disease or worsening of it. Additionally, there is significant stress that caregivers and family members face as a patient recovers. All of this can impact a person's ability to make healthy living choices and to live the life they want to live. WellStar Behavioral Health is there to help cardiac patients and their families. Call **770-514-6760** to schedule an appointment to improve your health, mood, and coping skills.

*How well do you know your heart?*  
Take the self- assessment on the reverse side.

# How Well Do You Know Your Heart?



Screening for Appropriate Cardiac Risk Factors	Yes = +1	No = 0
Do you have a family history of heart disease?		
Are you diabetic?		
Do you or have you smoked or used tobacco?		
Do you have high blood pressure?		
Are you abnormally stressed?		
Do you have elevated or high cholesterol?		
Are you overweight or obese?		
Are you a female age 65 or older?		
Are you a male age 55 or older?		
<b>Total Score &gt;</b>		

*If the total risk factor value equals **+2 or greater** and you are age 40+, you are a candidate for the Advanced Risk Assessment which includes a CT Heart Screen.*

## Know Your Heart Screening Packages

**Advanced Risk Assessment:** Age 40+ • BMI • Wellness survey • EKG (Afib screen) • Blood pressure • Blood work (HDL, LDL, Triglycerides, Glucose, CRP, liver function) • Risk Screen Questionnaire (sleep apnea, PAD, AAA, CHF) • CT heart screen (coronary calcium) • 10 year cardiovascular disease risk score

**Basic Risk Assessment:** Age 18+ • BMI • Wellness survey • EKG (Afib screen) • Blood pressure • Blood work (HDL, LDL, Triglycerides, Glucose, CRP, liver function) • Risk Screen Questionnaire (sleep apnea, PAD, AAA, CHF)



To schedule a Know Your Heart screening call **770-956-STAR (7827)**.

[wellstar.org](http://wellstar.org)

CRC0120 | 01/18