Heart Disease Prevention Program is now covered by Preventative Care Benefit in the Colorado State University Insurance Plans with Anthem and UnitedHealthcare!

There is NO co-pay!

<table>
<thead>
<tr>
<th>Plan Type</th>
<th>Cost to Insured</th>
<th>Savings!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any plan</td>
<td>$0</td>
<td>$480</td>
</tr>
</tbody>
</table>

Wow!! Take advantage of this state of the art evaluation that is right here at CSU!

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.

The program includes:
- Physical Examination
  - Blood and Urine Analysis
  - Physical Exam
  - Medical History
  - Resting 12-lead Electrocardiogram (ECG)
  - Resting Blood Pressure (Supine, Sitting and Standing)
- Body Composition Assessment
  - Skinfold Measurements
  - Fat Distribution Assessment (Girth Measurements and Saggital Diameters)
- Pulmonary Function Tests
  - Vital Capacity
  - Forced Expiratory Volume in One Second
  - Residual Volume
- Handgrip Strength
- Flexibility Test
- Maximal Exercise Test
  - 12-lead ECG
  - Blood Pressures
  - Physician Interpretation and Consultation
- Coronary Risk Profile
- Exercise Prescription
- Individualized Follow-up Consultation

For more information [https://www.chhs.colostate.edu/hes-hpcrl/heart-disease-prevention-program/](https://www.chhs.colostate.edu/hes-hpcrl/heart-disease-prevention-program/)

Heart Disease Prevention Program
Contact Tiffany Lipsey at tiffany.lipsey@colostate.edu or (970) 491-3847