

# How Healthy is Your Heart?

## Identify your risk before life-threatening symptoms occur

When plaque builds up in your arteries, it restricts blood flow and can cause a heart attack. A coronary calcium CT scan can catch potential heart problems early.

### *It's fast, painless and could save your life*

You can prevent a heart attack for \$125. Talk to your provider about a referral for a coronary calcium CT scan.

**Learn More & Take Steps for Your Health Today**

[BryanHealth.org/CoronaryCalciumCT](http://BryanHealth.org/CoronaryCalciumCT)



**“Coronary calcium CT scans look for calcified plaque that has built up in the lining of the arteries around the heart. This is very useful to help us determine a person’s risk for heart problems and any next steps to take for their heart health.”**

- Chris Balwanz, MD  
Cardiologist, Bryan Heart



## Heart Health lab tests for \$43. No doctor’s order or appointment needed

The Heart Health Panel includes two important tests to provide a comprehensive assessment of your heart health.

### *It's easy, convenient and comprehensive.*

The panel includes **cholesterol** (HDL, LDL and triglyceride levels) and **C-reactive protein** (high sensitivity) which measures inflammation in the blood vessels that can predict the risk of heart attacks, strokes and cardiovascular disease.

### *Purchase your Heart Health Panel with On-Demand Lab!*

- Purchase online – \$43
- Walk in at your convenience, no appointment needed
- Get fast, reliable results on MyChart

**Bryan Health**

**Learn More & Purchase Your Heart Health Panel**

[BryanHealth.org/HeartPanel](http://BryanHealth.org/HeartPanel)

