

planetHeart™  
*A program of the Avera Heart Hospital*



## **A HEART AND VASCULAR RISK REDUCTION CLINIC**

Offering two screenings designed to identify heart and vascular disease.

**Avera**   
**Heart Hospital**

 **Lakes Regional  
Healthcare**

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### **HEART CHECK: \$75** (more than an \$800 value)

- Calcium score CT – crucial to early detection of heart disease
- Blood pressure
- BMI (body mass index)
- Cholesterol and blood sugar check
- Education and risk assessment with an expert cardiovascular team
- Diet quality index
- Brief tobacco cessation and nutrition counseling (as needed)





### **VASCULAR CHECK: \$75**

Offering three tests designed to detect the conditions of vascular disease. If detected early, treating vascular disease lowers your risk of stroke, heart disease and other complications.

- Carotid artery screening
- Abdominal aortic aneurysm screening
- Peripheral artery disease screening

### **GET BOTH CHECKS FOR \$125**

**Call 712-336-8658 to  
schedule your heart  
or vascular check today!**





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

