



# CARDIOVASCULAR SCREENING EVENT

## SIGN UP TODAY!

February 21st, 2020 at UT Dallas

(Screening is covered with no out of pocket cost for employees on the UTD insurance plan)

### Cardiovascular screenings can help identify potential risk that could lead to a stroke or heart attack

- **Screening includes:**
  - Carotid ultrasound – screens for plaque in the carotid arteries to detect and help prevent strokes. (noninvasive)
  - Duplex ultrasound of extremities - screens for narrowing or blockage in the lower extremities.
- **Risk factors include** (does not include all risk factors):
  - High blood pressure or cholesterol
  - Family history of heart disease or stroke
  - Sedentary lifestyle
  - Age 40 and over
  - High fat diet / Obesity
  - Diabetes
  - Smoking



**Note:** This screening goes beyond your regular physical. It is an actual photo of your arteries to check for signs of plaque buildup.

### How to schedule your appointment:

- Click on the link: **[REGISTER HERE](#)** or call 972-330-1290 to secure your appointment time.
- We will contact you for insurance information and send paperwork that needs to be completed.
- Day of the appointment bring a copy of your insurance card, photo ID and paperwork. (Please bring a photocopy of your cards that we can keep.)

