

Thank you for choosing the South Asian Heart Center to assess and improve your heart health. This not-for-profit initiative aims to spread the global awareness of the South Asians epidemic of heart disease, identify your individual risks factors, and then help you mitigate those risks. This checklist is a guide to the advanced screening process of the Center:

Sign-up for a screening

- Sign-up for a screening by completing a request at the Center's website: www.southasianheartcenter.org
- We will then call you to schedule a **Heart-health Risk Assessment (HRA)**, and an [advanced screening lab test](#).
- Have information regarding your insurance, primary care provider, and previous test results available.

Complete the **HRA** appointment (**H**eat-**h**ealth **R**isk **A**ssessment)

- We interview you on phone; about 30-40 minutes to cover personal medical, family history, and lifestyle habits.
- Review the billing and cost information for the laboratory services, to understand your out-of-pocket expenses, and the [billing process](#). Note: We provide our consultative and case management services at [no cost to you](#).
- Confirm the date for the laboratory appointment upon completion of the HRA.

Complete the **LAB** appointment (Advanced **LAB**oratory Screening)

- Prepare for the laboratory work by fasting for 12 hours prior to the blood draw:
 - Fast (nothing by mouth) for at least 12 hours.
 - Drink water (we encourage water prior to the draw, but consume no alcohol for 24 hours prior to the draw).
 - Take medications prior to fasting or after the draw – especially diabetes/others that must be taken with food.
- Pick up your laboratory requisition from the South Asian Heart Center and complete the blood draw:
2400 Grant Road, Park Pavilion, Ground Floor, Mountain View, CA 94040.
 - Verify the highlighted information on the requisition and make appropriate changes.
 - Sign the bottom of the requisition as indicated.
 - Bring in your insurance card – we will staple a copy (front and back) to your requisition.
- We schedule a face-to-face **Results and Recommendations (RAR)** appointment to discuss your risks and customized plan, around 15-20 business days from the blood draw.

Complete the **RAR** appointment (**R**esults **A**nd **R**ecommendations)

Our clinical staff and case managers conduct the 30-40 minute RAR appointment. At this appointment, they will:

- Perform a brief physical exam and review your results in detail, identifying your risk-level & specific risk factors.
- Show you how to manage these risks with tailored modifications to medication, exercise, diet, & stress reduction.
- Describe the Center's recommendations and referrals to wellness and health-care providers.
- Refer you to a nutrition education class or individual consultation, based on your need for dietary modification.
- Explain our case management (CM) process, and encourage you to meet your PCP to finalize the treatment plan.

Complete the **NUTRITION** appointment

The Center offers nutrition education classes as well as one-on-one consultations based on your individual need for dietary modification and level of risk. The key to successfully altering your risk profile will depend on your motivation to work on this difficult yet dramatically effective lifestyle modification.

Respond to **Case-Management** interventions

Our case managers monitor your progress and periodically follow-up to determine how well you adhere to the lifestyle plan set forth during your RAR appointment with the intent to help you lower your risk. They will:

- Document your progress vis-à-vis the recommended plan.
- Enquire about the treatment plan that you have worked out with your primary care provider.
- Suggest alternatives if the prescribed suggestions require adjustments for improved compliance and outcomes.
- Initiate retest as necessary and check on metabolic progress & continued efficacy of the lifestyle suggestions.

Ask questions

- Visit our website: www.southasianheartcenter.org and peruse the participant resources section for answers
- Submit your queries using our [Contact Us](#) form
- Send an email at info@southasianheartcenter.org.