

We'll look for risk of heart disease and identify the main risk factors contributing to it. You'll also leave with practical advice on making positive lifestyle changes.



Suitable for:

- Men and women aged 45 and over
- Those with a strong family history or have a raised cardiac risk with no current cardiac symptoms



Times

- Radiographer – times may vary
- Health adviser – 30 minutes
- Doctor time (includes phone or face-to-face conversation on results) – 30 minutes



What's included?

- Key measurements, including: height, weight, BMI, body fat, waist, waist-height, basal metabolic rate, dual arm blood pressures and an ECG, if clinically needed
- Heart rhythm test to detect atrial fibrillation

- Bloods taken to check cholesterol levels
- An action plan to reduce risks through positive lifestyle choices
- Doctor consultation to talk through any concerns and your suitability for the scan
- CT coronary calcium scan of the heart to more accurately assess cardiac risk. **Note:** this may take place at a different location and on a separate day to your consultation
- If it's not possible to go ahead with the scan, the doctor will offer advice and a referral if needed
- Conversation with a Bupa doctor on the test results. They'll also run through available treatment options and next steps if necessary