



HEARTaware™

Bryan Health’s Early Detection Center utilizes the HeartAware program to assist businesses and communities in Lincoln and around the state identify those at risk for coronary artery and vascular disease as well as screening for diabetes. This service is free to both the business and the employees.

The basics of the program are as follows:

Employees take an on-line risk assessment through a portal which is sent out to the contact person at the business via email. At the completion of that risk assessment they are encouraged to self-schedule for a date and time to participate in a 30 minute consultation with a registered nurse on-site. The dates and times of these consultations are set-up in advance as we go on-site with our screening equipment for the number of days and hours deemed necessary. Once they have self-scheduled, an email is sent to them 48 hours in advance of their appointment.

During the consultation we obtain a finger-stick cholesterol profile (total cholesterol, HDL, LDL, triglycerides, non-HDL cholesterol) and blood sugar as well as a blood pressure and heart rate. The results are processed during that 30 minute time frame and the employee is given a print-out of those results. The nurse discusses the results of the profile, employee’s risk, and offers referrals as indicated. Once all of the employees scheduled have completed the consultation an Employer Health Measurement Report is compiled. The report analyzes all data collected via the online risk evaluation. The results are summarized for the employer into the following major risk categories:

Age and Gender	Smoking
Diabetes	Blood Pressure
Family History	Cholesterol
Ethnic Origin	Sedentary Lifestyle
Weight	Risk of Vascular Disease

The risk factor analysis will also include management programs to benefit the employer and employees and a cost analysis based on the results of the employees’ risk assessments.

HeartAware, in concert with employers will:

Reduce healthcare costs. HeartAware targets your costliest workers to provide tremendous healthcare savings.

Saves lives and reduce morbidity. HeartAware identifies employees at risk for heart disease. They are provided education and free screenings. This delivers prevention and early detection efforts to those who need it most.

Make lifestyle changes easier for your employees. Employees have a support group with the help of both you, the employer, and the hospital.

Increase program participation rates. Through incentives, education and support, employers can increase HeartAware participation rates.

Everyone may participate in HeartAware. Every employee who participates receives online education. These general education programs generate a \$1:\$3 cost-to-benefit ratio.