Cardiovascular Disease Checklist:

This checklist is designed to help you have a productive conversation with your doctor about your cardiovascular health. By going through these questions, you and your physician can determine whether you might be eligible for insurance-covered diagnostic tests.

1. Personal Risk Factors

* □ Do you have a family history of heart disease or stroke?
* □ Are you over 50 years old?
* □ Do you smoke or have you smoked in the past?
* □ Do you have high blood pressure?
* □ Do you have high cholesterol?
* □ Do you have diabetes or prediabetes?
* □ Are you overweight or obese?

2. Symptoms to Discuss

* □ Do you experience chest pain or discomfort?
* □ Do you have shortness of breath with minimal activity?
* □ Do you notice swelling in your legs, ankles, or feet?
* □ Do you feel unusually fatigued or lightheaded?
* □ Have you experienced irregular heartbeats or palpitations?

3. Questions to Ask Your Physician

* □ Based on my risk factors and symptoms, do you recommend cardiovascular screening?
* □ Which specific diagnostic tests might be appropriate for me (e.g., echocardiogram, carotid ultrasound, ABI test)?
* □ Will these tests be covered by my insurance based on my medical history and symptoms?
* □ What lifestyle changes should I make to reduce my risk?
* □ How often should I be screened for cardiovascular disease?

4. Follow-Up Plan

* □ Schedule your recommended screenings or diagnostic tests.
* □ Keep a record of your test results for future comparison.
* □ Follow your physician’s advice on medications, lifestyle, and diet.
* □ Schedule follow-up appointments as advised.

Provided as a community health resource by Stang Medical — Mobile Cardiovascular Screening

