

WHY HEALTH GRADES

We've all heard the story of the 35 year old marathon runner that dutifully has his annual physical but suffers from an undiagnosed heart condition. How do we identify these types of risk factors?

By working with your doctor and your insurance company, Health Grades Analytics has designed a diagnostic program to assess certain health risks in you and your loved ones that are oftentimes missed by routine physical examinations.

At little or no out of pocket cost for most patients, we are able to give you a much broader picture of your overall health. You and your physician will receive a comprehensive and actionable report that can be used as a tool to improve your long term health and wellness.



ADVANCED WELLNESS SCREENING... **RE-IMAGINED**

The results of your Health Grades Comprehensive Screening will be reviewed with you by your medical provider. Any areas of concern will be addressed, and opportunities to have a positive impact on your health and well being will be discussed.

**Schedule your Health Grades
Screening with your Doctor today!**

(844) 250-1714
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FAR MORE THAN A PHYSICAL

The Health Grades Comprehensive Physical is designed to help discover underlying health issues that may not be caught by a traditional physical. By working with your doctor and your insurance company, we have designed an extended physical program to determine latent health risks in you and your loved ones that are oftentimes missed by routine physical exams.

At little or no out of pocket cost for most patients, we are able to give you a much broader picture of your overall health. You will receive comprehensive, actionable results to implement a program of long term health and wellness.



12 IMPACTFUL TESTS

1 BMI

By physically measuring your height, weight and your hip and waist circumference we will be able to have useful information that helps to predict your metabolic and cardiovascular risk.

2 RETINAL EXAM

A retinal examination - sometimes called ophthalmoscopy or funduscopy allows your doctor to evaluate the back of your eye, including the retina, the optic disk and the underlying layer of blood vessels that nourish the retina. In some cases, hypertension and diabetic risk factors can be identified with this exam.

3 SPIROMETRY

Spirometry is a common office test used to assess how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale.

4 AUTONOMIC NERVOUS AND SUDOMOTOR FUNCTION

These tests help to evaluate your body's ability to regulate blood pressure and can help determine early signs of nerve damage, often associated with diabetes.

5 LOWER EXTREMITY ARTERIAL EXAM

The lower extremity arterial exam is a quick, noninvasive way to check for peripheral artery disease (PAD). The disease occurs when narrowed arteries reduce the blood flow to your limbs. PAD can cause leg pain when walking and increases the risk of heart attack and stroke

6 CAROTID PLAQUE AND INTIMA-MEDIA THICKNESS

With this ultrasound evaluation we will assess some anatomic aspects of your carotid arteries. The carotid media-intimal thickness is a useful predictor of cardiovascular disease. The presence of plaque in your carotids are considered risk factors for stroke and other vascular issues. These anatomical measures and findings, along with inflammatory and metabolic blood analyses, give us a comprehensive picture of your individual cardiovascular risk.

7 THYROID ULTRASOUND

Screens for abnormalities in the thyroid gland which can be an indicator for related health issues.

8 ECHOCARDIOGRAPHY (ECHO)

Shows the size, structure, and movement of various parts of your heart. These parts include the heart valves, the septum (the wall separating the right and left heart chambers), and the walls of the heart chambers.

9 AORTIC ANEURYSM SCREENING

A way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your abdomen. This bulge or swelling is called an abdominal aortic aneurysm, or AAA. Abdominal aortic aneurysms (AAAs) are a leading cause mortality and morbidity but often go undiagnosed until late stages unless imaging is performed.

10 COMPLETE KIDNEY ULTRASOUND

This set of images can discover health concerns relating to your renal system including kidney stones and early signs of kidney disease.

11 NEUROLOGICAL SCAN

This groundbreaking new test can assess early signs of cognitive disorders long before symptoms occur.

12 GENETIC CARDIOMYOPATHY TEST

A simple cheek swab is used to assess your hereditary risk of cardiomyopathy, a disease of the heart.



LEARN MORE AT:
[HEALTHGRADESANALYTICS.COM](https://www.healthgradesanalytics.com)