CARDIOVASCULAR SCREENING EVENT
SIGN UP TODAY!

February 21st, 2020 at UT Dallas
(Screening is covered with no out of pocket cost for employees on the UTD insurance plan)

Cardiovascular screenings can help identify potential risk that could lead to a stroke or heart attack

- **Screening includes:**
  - Carotid ultrasound – screens for plaque in the carotid arteries to detect and help prevent strokes. (noninvasive)
  - Duplex ultrasound of extremities - screens for narrowing or blockage in the lower extremities.

- **Risk factors include** (does not include all risk factors):
  - High blood pressure or cholesterol
  - Family history of heart disease or stroke
  - Sedentary lifestyle
  - Age 40 and over
  - High fat diet / Obesity
  - Diabetes
  - Smoking

*Note:* This screening goes beyond your regular physical. It is an actual photo of your arteries to check for signs of plaque buildup.

How to schedule your appointment:

- Click on the link: [REGISTER HERE](#) or call 972-330-1290 to secure your appointment time.
- We will contact you for insurance information and send paperwork that needs to be completed.
- Day of the appointment bring a copy of your insurance card, photo ID and paperwork. (Please bring a photocopy of your cards that we can keep.)