


Healthy Heart Program and High Cholesterol Monitoring

The logo for 'reviveclinic' is displayed in a green circle. The word 'revive' is in green and 'clinic' is in black. The background of the entire page features a pattern of orange and blue dots of varying sizes.A circular inset image shows a pair of hands, one larger and one smaller, gently cupping a small, light-colored heart-shaped object. The hands are positioned as if offering or protecting the heart. The background of the image is a soft, out-of-focus light color.

Heart disease is the leading cause of death in the Australia, accounting for more than 1 in every 4 deaths annually. The most common type of heart disease is cardiovascular disease, which is the

formation of a waxy build up containing fat and cholesterol in the heart's blood vessels; it can lead to a heart attack.

For those diagnosed with high cholesterol, or hyperlipidemia, our Healthy Heart program can help manage and even turn around high cholesterol. The 6 week Healthy Heart program will equip you with all the tools and support that you need to better manage your health. This program includes weekly support from our Nurse Practitioner to answer all your questions, educate you on what everything means and assist you to make changes to better control your condition.

The program includes ongoing monitoring. We'll run a lipid profile, check your blood pressure and answer any questions you might have about your condition. We are your support network in between visits to your primary care provider. And to ensure continuity of care, we'll send your results to your primary care provider after each visit. When you need us, we'll be ready.

What to expect at your visit

1. We recommend that you fast 8 to 12 hours before coming in if you anticipate needing a cholesterol test. Then sign in at the electronic kiosk to see a nurse practitioner. No appointment necessary.
2. Your nurse practitioner will review your medical history as well as perform an exam and tests based on your individual needs, following nationally accepted guidelines. This may include the following:

- Blood pressure check
 - Body mass index (BMI)
 - Cholesterol test
 - Review of lifestyle factors
3. We'll discuss your results and provide recommendations to keep your cholesterol under control. We can also answer any questions you may have about your condition.
 4. A visit summary will be sent to your primary care provider with your consent.

How much does the program cost and can I get a rebate?

- The Healthy Heart Program is _____ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

What to know before your visit

- Patients must be 18 years of age or older.
- Diagnosis of certain conditions may require further tests. Your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Some conditions may require a referral to a GP or Specialists.

What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

Talk to our Nurse Practitioner today.

Your participating Revive Clinic Pharmacy

www.ReviveClinic.com.au

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