

Heart Smart: Inside Our Heart Health Program

Looking to proactively manage your cardiovascular health? You're in the right place! Our Heart Health Program was developed utilizing advanced testing from Boston Heart Diagnostics to offer you an in-depth analysis. Our goal is to optimize your personal factors, offer you an understanding of your genetic risk and provide tailored, preventative solutions. This program is designed for individuals with high cholesterol, a family history of heart disease or stroke and anyone aiming to stay ahead of cardiovascular risks.



What You Can Expect:

- **Personalized Health Assessments:** Detailed evaluations to understand your unique cardiovascular profile, including particle density, ApoB, and genetic factors like Lp(a).
- **Advanced Diagnostic Testing:** State-of-the-art analysis from Boston Heart Diagnostics, including inflammatory markers, cholesterol balance and detailed insulin resistance investigations.
- **Genetic Risk:** Add on our genetic evaluations with ApoE and MTHFR testing or our expanded Polygenic genetic risk map to truly understand personalized prevention as it applies to YOUR family tree.
- **Advanced Prevention:** Supplement, medication and lifestyle recommendations with each program specific to your results.



Start your journey towards a longer, healthier life.

Our Heart Health Program

We believe in providing clear and accessible health care. Below is a detailed breakdown of our program levels; offering different levels of care to suit your needs and budget. We recommend selecting the level that aligns best with your health goals.

Program	Program Description	What is tested, how it is collected	Turn around time to get results	Pricing
Cardiovascular Risk Assessment Level 1	Advanced Lipid Testing with Boston Heart* Includes fasting in-office blood draw at DOPC	Standard cholesterol panel + small dense LDL, ApoB, Lp(a), LpPLA2, HDL Map, hsCRP, Homocysteine, Oxidized LDL, HOMA-IR, Beta Cell Function, cholesterol balance	4 weeks; 45 min for review of results	\$602
Cardiovascular Risk Assessment Level 2	Level 1 + Calcium score plaque evaluation Includes fasting in-office blood draw at DOPC	All Level 1 tests + Calcium Score CT scan (scheduled & billed separately by Lutheran Radiology)	4 weeks; 45 min for review of results Calcium score appointment not at DOPC	\$676 + \$98 for Calcium Score

Additional Program Add-Ons

Fatty Acid Balance Testing	Added to our DOPC Custom panel	\$49
Genetic Add-Ons: ApoE, MTHFR	\$50 for the first, \$25 for each additional	\$75
Polygenic Risk Map™ (Female/Male)	Complete genetic risk evaluation for genetically linked conditions; Added review time: 45 min (\$225) *This test can be conducted without Heart Health level 1	\$409

Note: Our Boston Heart Advanced Lipid Testing is a DOPC Custom panel priced for our members but is available to non-members with an additional \$799 fee. This test is not billable to insurance through our Heart Health Program unless you are a current DOPC member with Medicare; ask us about price-reducing options!

Achieve Optimal Heart Health and Transform Your Life!

Taking part in our **Heart Health Program** means you will walk away with...

- **A detailed health report** concerning your cardiovascular health, including advanced lipid profiles and genetic risk factors.
- **Customized recommendations** for diet, exercise, and lifestyle changes based on your unique health profile.
- **Peace of mind and assurance** that you are proactively managing your heart health with the most current and effective tools available.

Please Keep In Mind:

- Regular follow-ups and adherence to the recommended plan are crucial for achieving the best outcomes.
- If you are not a member at DOPC and participate in our heart health program, we are happy to pass along recommendations and follow up suggestions for your primary care physician.
- When you join our practice, you are taking the first step towards a healthier future. At DOPC, we help our members meet their health goals by combining cutting-edge traditional, fundamental primary care with the best of holistic health.





My regular doctor and health insurance never offered the Heart Health program, so I'm so glad I found Dr. Seefeldt to take advantage of the amazing health insights. I'm now managing my heart health with all the right supplements (along with my medication) and a better outlook, having all the data on my heart health. This office and program are so innovative and much needed in a complex healthcare world.



Non Member Patient



DOPC Member

At the suggestion of Dr. Brie, I recently took the Boston Heart Test, and I'm really glad I did. We had previously seen my cholesterol moving up quite significantly, which was concerning, my mother also had high cholesterol. We decided to do a deeper dive to better understand these numbers...I'm so grateful for Dr. Brie's thorough, informative, super deep-dive approach. She always takes the time to explain everything in detail, and I appreciate her so much!

