

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.

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
Cardiovascular Risk Assessment Level 1 Boston Heart - Advanced Lipid Testing* For a deeper understanding of your cholesterol	Fasting, in office blood draw @DOPC	4 weeks; 45min visit review time	\$652 Boston Heart Custom DOPC panel & review visit +\$49 Add on Fatty Acids +\$75 Add on Genetics
Cardiovascular Risk Assessment Level 2 Boston Heart - Advanced Lipid Testing* + CT Coronary Artery Calcium Score plaque interpretation	Fasting, in office blood draw @DOPC; Calcium Score CT scan at Intermountain Radiology (scheduled and billed separately)	4 weeks; 60 min visit review; Calcium score appointment not at DOPC	\$726 Boston Heart Custom DOPC panel & expanded review visit +\$49 Add on Fatty Acids +\$75 Add on Genetics <i>Note: these prices do not include additional \$98-\$150 for Calcium Score - billed by Intermountain hospital (price subject to change)</i>

***Boston Heart - Advanced Lipid Testing is a DOPC Custom panel that includes:**

1. Standard cholesterol panel + PLUS
2. Specific lipid profile evaluation with small dense LDL measurement; ApoB, Lp(a); LpPLA2 and HDL Map including alpha 1. + PLUS
3. Inflammatory markers: hsCRP and Homocysteine and Oxidized LDL + PLUS
4. Insulin resistance evaluation: Fasting Glucose/Insulin aka HOMA-IR + Beta Cell Function evaluation
5. Investigation into how much your diet can make a difference with our cholesterol balance testing - are you an over absorber or an over producer?

*Our Boston Heart Advanced Lipid Testing is not typically billable to insurance. If you have Medicare, United Healthcare or Aetna please ask us for alternative billing options.

~Additional Program Add On Options~ Boston Heart Exclusive Tests

☐ **Fatty Acid Balance Testing** - \$49
Are you getting enough good fats? Find out.

- ☐ **Genetic add ons** - \$75
- **APOE3/E4** ~ your genetics for cholesterol treatment response & Alzheimer's risk
 - **MTHFR** ~ your genetics of detox and clot risk

☐ **Polygenic Risk Map™-Female(F) and Male(M)** \$409
Complete genetic risk profile for:
Coronary Artery Disease, Atrial fibrillation, Type 2 Diabetes, Hypertension, Weight Gain, Abnormal cholesterol profile, Alzheimer's, IBD, Breast cancer, Osteoporosis, Early Menopause (F) or Prostate Cancer (M)

Added Review time: 45 min (\$225)

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!

