

## **HeartHealth (h1)**

A FREE way for Lee Health employees and spouses to help prevent heart disease and heart attacks.

### **What is Heart Health?**

This easy exam detects early signs of arteriosclerosis/plaque. It's like a "colonoscopy" for the heart (but easier!)

The program uses standard cardiac CT scans (CCTA) with contrast but adds a new artificial intelligence software module to characterize and measure plaque in heart arteries.

This early detection allows for strategies to prevent progression to avoid symptoms, heart attacks, or the need for surgery and stents.

### **What is the goal?**

The reduction of risk of heart attack and heart disease.

### **Who is eligible?**

Phase 1 will include 400 employees age 40 and over, who are on the health plan insurance. This will be on a "first come, first serve" basis, once enrollment starts. Phase II, targeted for early CY 2022 will expand to more of the health plan employees *and* spouses and may have more specific enrollment criteria. The program is invited, and optional/not required.

### **What is the cost?**

There is no cost! The Lee Health plan is absorbing the cost in the hopes of reducing cardiovascular disease among employees.

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### **The Test**

The test is an outpatient CT scan at the radiology department at either Healthpark Medical Center, Cape Coral Hospital or Coconut Point Outpatient Facility.

Before your appointment, you will take a one-time beta blocker pill to slow heart rate and improve image quality. A "finger stick" lab to check kidney function is followed by placement of an IV in your arm. The actual CT scan takes only a few minutes and involves holding your breath and being very still for about 20-30 seconds. After the scan, the IV is removed and you can resume normal activity. For most, arrival to end of the study should be 1-2 hours.

**How about results?** Scans are reviewed visually by qualified radiologists and cardiologists *and* are analyzed with FDA approved artificial intelligence software. A formal report is sent to your physician (and entered into Epic). A personalized report is also sent to you. You should plan on meeting with your physician to review results if any plaque is detected and to plan ways to

prevent any progression, as well as plan any needed follow-up. Cardiology opinions can be obtained as needed.

**How will “my data” be used?** Any data that includes your identity is only given to you, your designated physician and placed in medical records. *De-identified* data will potentially be used to gain insight into coronary disease.

**Are there exclusions?** Yes. Those with IV contrast allergy, significant kidney disease or pregnancy may not participate.