

## Heart Screenings in 2021

As February is American Heart Health month, we'd like to highlight the importance of checking in on your own heart and what steps can be taken to do so. According to health officials, preventative care remains critical, and doctor's offices and medical facilities have taken many precautions to keep you safe when you visit. We encourage you to review the two major different types of heart screenings, general and non-invasive, and resources below, and to consider scheduling an appointment with your healthcare provider.

### Screenings

- [General heart screenings](#) include the following:
  - A blood glucose and lipid panel
  - Recommended regular, yearly testing
- [Non-invasive heart screenings](#) include the following:
  - Electrocardiograms and Echocardiograms
  - Stroke / Carotid artery screening
  - Abdominal aortic screening
  - Peripheral arterial disease screening
  - Consult your doctor about how often these screenings are recommended
- [Screening for Cardiovascular Disease and Stroke Risk](#)
- For your reference, please see this sample [list of locations](#) where you can receive your heart screenings

### Other Resources

- American Heart Association resources:
  - [Knowing Your Numbers](#)
  - [Find Out Your Heart Health Score](#)
- [Harvard Medical School Heart Health Articles](#)
- Human Resources and the American Heart Association's February webinar resources:
  - [Practical Steps to Prevent Coronary Artery Disease Webinar Recording](#)
  - [Practical Steps to Prevent Coronary Artery Disease PowerPoint](#)

Protect your heart by scheduling an appointment with your Primary Care Physician (PCP) to get your heart screening, know your cholesterol and triglyceride levels, and receive your physical check-up. Kaiser Permanente medical offices and Anthem providers, such as UCLA Health offices, are open and available for in-person appointments.



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