



HEALTHY HEART SCREENING

Diagnosis and care for your employees

THE HARLEY STREET CLINIC

THE LISTER HOSPITAL
chelsea

London Bridge Hospital

The Portland Hospital
for Women and Children

THE PRINCESS GRACE HOSPITAL

The Wellington Hospital

HEALTHY HEART SCREENING

Heart attacks remain one of the biggest causes of premature death in men. Although official figures claim that death rates from heart attacks have fallen, one in five men and one in six women will die from heart disease this year.*

Education has proved extremely successful and generally people are far more aware of the causes and signs of heart disease. This, combined with significant advances in the diagnosis and treatment of heart disease, is helping to reduce the incidence of heart attacks in the general population.

Factors such as unhealthy diets, smoking, lack of exercise, binge drinking, obesity, high blood pressure, high stress levels and high cholesterol can all lead to heart disease. However, the effects of these environmental factors are not always immediately obvious. For example, someone can be apparently fit and healthy, but be unaware that they have high cholesterol levels or raised blood pressure.

In the same way, some individuals can be genetically pre-disposed to heart disease.

In these cases, screening is the most reliable way of monitoring and detecting the simple changes that signal the onset of heart disease. A series of simple, non-invasive tests, combined with a sensible, healthy lifestyle is the optimum way to ensure that you maintain a 'healthy heart'.

Our cardiology services

As London's leading specialist private hospital group, HCA provides a comprehensive range of cardiac services across its hospitals and outpatient centres.

Specialist cardiology centres and outpatient units have been developed to provide our patients with access to the very latest diagnostics and treatments, provided by leading NHS and private consultants.

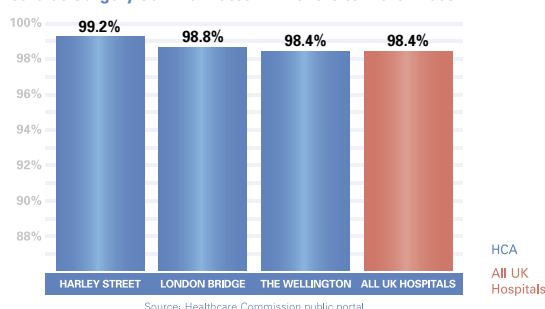
Our cardiac units are internationally renowned and in addition to a wide range of cardiology diagnostics and treatments, we also undertake specialist heart surgery for children and babies at The Harley Street Clinic and are involved in numerous clinical research programmes.

As the only private hospital group in London providing comprehensive intensive care facilities in all of its hospitals, HCA has amongst the highest cardiac survival rates and is uniquely placed to care for potentially vulnerable or critically ill patients.

Top outcomes for cardiac surgery

We are the only private hospital group to have our performance figures listed on the Healthcare Commission's new public portal for cardiac surgery survival rates. Our surgical outcomes are ranked alongside London's leading acute cardiac hospitals and show that we are in the highest tier of outcomes, in spite of our complex case mix of high-risk patients.

Cardiac Surgery Survival Rates 12 months to March 2006



For more information please visit

<http://heartsurgery.healthcarecommission.org.uk/index.aspx>

* Health Statistics Quarterly, Summer 2006: Office for National Statistics

Clinics and locations



Specialist cardiac services are located at our hospitals and outpatient centres marked in purple. For a full list of clinics and consultants, your employees simply call the HCA **Platinum Choice** helpline on **020 7079 4355**.

Heart screening is currently provided at London Bridge Hospital and 31 Old Broad Street.

The HCA heart screen

HCA has developed a comprehensive healthy heart screen which includes a detailed assessment of cardiac health and identifies the main risk factors for heart disease. Practical advice is also provided to help individuals to manage their risks for the future.

This screen is recommended for men over the age of 35 and women over the age of 45. It includes:

Assessment with a nurse, to include;

- ▶ Family history and lifestyle analysis
- ▶ Height, weight and BMI (body mass index)
- ▶ Fasting blood screen including full lipid profile and glucose test (for diabetes)
- ▶ A resting ECG (electrocardiogram)
- ▶ Blood pressure measurement
- ▶ Cardiac risk profile analysis

Assessment with a doctor, to include;

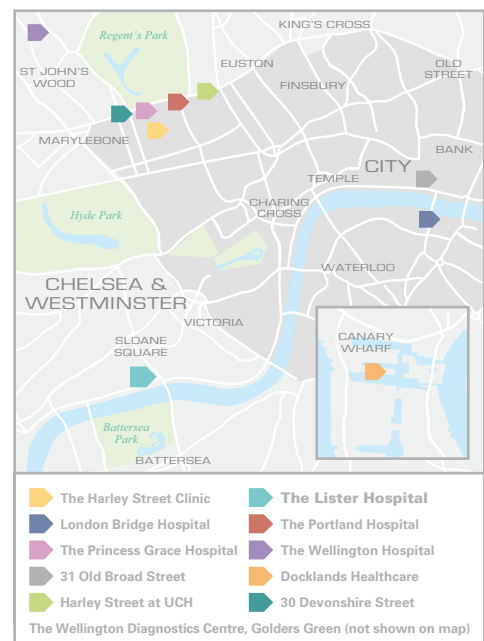
- ▶ An exercise ECG

On completion of the screen the employee will be provided with a written report together with any recommendations as appropriate. This will normally follow within 14 days.

Heart Screen Fee: £395*

To discuss screening for your workforce please call the HCA Commercial team on **020 7616 4848**.

* Fee correct at the time of going to print and subject to annual review.



Frequently asked questions

How often should my employees be screened?

We suggest at least bi-annual screening, however our doctors will advise an optimum screening programme depending on the age, health and risk profile of employees.

Can I offer this to employees who are not members of our PMI (private medical insurance) scheme?

Yes. You choose which employees have access to screening programmes. This is run independently of your PMI scheme.

Can I choose which location my employees go to for this screen?

Locations are currently designated. To check location details, contact the HCA Commercial team on 020 7616 4848.

Why should men be screened at an earlier age than women?

Heart disease in men starts to increase significantly from about 35-40 years of age. In women, the incidence of heart disease is much lower until they reach menopause when the incidence increases about 5-fold.

What if the screen suggests that further investigation or treatment is required?

For employees on your PMI scheme, the insurance will be activated. Alternatively, we can refer back to the NHS if required.

What sort of education materials is available for our workforce?

A range of healthy heart information and diet sheets are available. These can be made available on your intranet. Please refer to the HCA Commercial team for specific requirements.