



HEART DISEASE

Heart Disease is the leading cause of death and disability among men and women, and for many, the first and only symptom is a fatal heart attack. According to the American Heart Association, heart disease is estimated to affect 40 percent of U.S. adults (or nearly 127 million people).

Poor lifestyle habits, coupled with ineffective management of risk factor levels, contribute to the proliferation of this deadly and debilitating disease.

It is now possible to identify early stages of heart disease, long before symptoms may develop.

A noninvasive, low-dose radiation CT scan of the coronary arteries can detect and measure an individual's overall risk of coronary artery disease. Once identified, physicians can employ care strategies to prevent the progression of the disease, reducing the risk of a heart attack.

PANEL IS 3.625"



The USW Local 286 H&W Fund is pleased to offer the Heart Health Promotion Program in partnership with The Temple Heart & Vascular Institute.



Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-discrimination notice:

It is the policy of Temple University Hospital, Inc. that no one shall be excluded from or denied the benefits of or participation in the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.

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PANEL IS 3.75"

USW Local 286 H&W Fund Heart Health Promotion Program

**In Collaboration with the
Temple Heart & Vascular Institute**



PANEL IS 3.75"

ABOUT THE TEMPLE HEART AND VASCULAR INSTITUTE

Temple Heart & Vascular Institute (THVI) is a patient-focused center that is designed to engage patients and their physicians in the lifetime management of heart and vascular disease. THVI facilitates an integrated approach to cardiovascular health and disease management by bringing together cardiologists, cardiac surgeons, vascular surgeons, and nurses for the convenience of the patients and their families to address their heart and vascular health.

WHO IS ELIGIBLE FOR A SCAN?

Any male member or dependent age 40 or older, or female member or dependent age 50 or older, is eligible for a scan. However, if you have a significant family history of coronary events, we may recommend this scan at an earlier age. Please contact your Local 286 nurse at 267-940-8435 or visit www.usw286benefits.com for more information.

HOW DO I SCHEDULE A SCAN?

To schedule a scan, please call the **Temple Access Center at 215-707-8800, Monday through Friday, during the hours of 8:00 AM to 6:00 PM**. The service representative will confirm your eligibility for a scan and schedule your appointment at your preferred THVI location. Within two business days, you will receive a call from a Temple nurse-practitioner who will verify your medical history and answer any questions you may have concerning the scan or follow up. Shortly thereafter, you will receive a package



from Temple verifying the details of your scheduled appointment in writing. Notice of your scheduled scan will also be shared with your primary care physician.

WHERE IS THE SCAN PERFORMED?

The Temple Heart & Vascular Institute (THVI) has three convenient locations:

- **Temple Heart & Vascular Institute**
Temple University Hospital – Main Campus
3509 North Broad Street
4th Floor, Boyer Pavilion
Philadelphia, PA 19140
- **Temple Cardiology at Jeanes Campus**
Temple University Hospital – Jeanes Campus
7600 Central Avenue
Philadelphia, PA 19111
- **Temple University Hospital – Northeastern Campus Cardiology**
2301 E. Allegheny Avenue
Chachkin Pavilion, Suite 190A
Philadelphia, PA 19134

WHAT CAN I EXPECT THE DAY OF THE SCAN?

You will need to arrive at the designated facility approximately 15 minutes prior to your scheduled appointment. No preparation is required and the scan does not require any medical imaging materials to be ingested. Total scan time should be between 5 and 10 minutes.

WHAT CAN I EXPECT AFTER THE SCAN IS PERFORMED?

Within two weeks of your appointment, you will receive a written report explaining the result of your scan. Should the result suggest that any particular preventive strategy be considered at this time, recommendations concerning that strategy will also be provided. A copy of the findings and recommendations will also be provided to your primary care physician so that they can take an active role in helping you manage your risk.

If the scan results suggest a more aggressive preventive strategy is appropriate, you will be offered a telemedicine visit with a Temple Heart & Vascular Institute Preventive Cardiologist to discuss the scan results in detail and to review an appropriate plan.