

# Macon County Public Health Center

## Healthy Heart Screening

### Information

The *Healthy Heart* screening program is provided as a public service by the Macon County Public Health Center. For more information about the program please contact:

**Macon Co. Public Health Center**  
**Health Education Section**  
**1830 Lakeside Drive**  
**Franklin, NC 28734**  
**(828) 349-2081**

### Program Description

*Healthy Heart* is a health screening program designed to identify individuals at risk for cardiovascular disease. Ideal candidates for the program are young to middle age adults, especially those who haven't had their cholesterol checked in over one year. The program is not designed to serve individuals who already know their cholesterol level or are under a physician's care for a cardiovascular condition. Suggested screening sites include work sites, schools, churches, and community clubs.

### Screening Services

The *Healthy Heart* program assesses individuals for heart disease risk and provides associated education, referrals, and follow-up. Services include:

- § A brief health history
- § Height and weight measurement
- § Body fat percentage and/or BMI
- § Cholesterol testing
- § Blood pressure
- § Health education
- § Risk assessment and referrals

**The following services may also be available at a *Healthy Heart* screening:**

- § Tetanus / diphtheria shots
- § Flu and pneumonia shots (provided at an additional fee)
- § Oral and colorectal cancer screenings

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### **Publicity**

The Macon County Public Health Center reserves the right to provide and/or approve all publicity of its *Healthy Heart* program. Media publicity for the general public before the screening is not encouraged as it tends to draw individuals who are not included in the priority population mentioned previously.

### **Cost To Participants**

All services offered in the *Healthy Heart* screening are included in the yearly fee for work sites participating in the LIFE work site health promotion program. The fee for all other participating organizations and/or individuals is based on the cost to provide the service at the time it is offered. There are no financial eligibility requirements for participation. Individuals found to be at high risk will be referred to a clinic or private physician for further evaluation. These individuals and/or their insurance providers will be responsible for payment of any fees resulting from these referrals.

### **Scheduling**

The Health Education Section will be responsible for scheduling all *Healthy Heart* programs. Individual section heads will be responsible for scheduling staff to work each screening event. After staff assignments are made by supervisors, a staff assignment sheet schedule will be posted in a prominent location.