



Heart health check

What is a Heart Health Check?

At The Crane GP, we believe that Prevention is better than Cure. A Heart Health Check is a 30 - 45-minute preventative check-up with our Practice nurse and your GP. It can help you understand your chance of having a heart attack or stroke in the next 5 years and what you can do to prevent it.

Why should you get a Heart Health Check?

Heart disease is the leading cause of death in Australia. Many heart attacks and strokes can be prevented through healthy behaviours like eating a healthy diet, being active, maintaining a healthy weight and being smoke free. Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol. Having a Heart Health Check is an important first step to protecting your heart.

Who needs a Heart Health Check?

Anyone can be pro-active and get a heart health check from 30 years old onwards, but we specifically recommend this check-up for the following groups:

- All people aged 40 and over.
- People with cardiovascular risk factors (e.g. diabetes, high blood pressure, high cholesterol) from 35 years.
- First Nations people from 30 years.

How much does a Heart Health Check cost?

The Heart Health Check is a privately billed consultation, and the fee is time-based to ensure the check-up is tailored to your needs. Your out-of-pocket fee will range between our Standard appointment fee and our Long appointment fee. Please check our [website](#) for up-to-date fees. You may require a follow-up appointment with your GP (fees apply) to discuss your blood test results and to finalise your cardiovascular risk if you have not had a blood test to check your cholesterol and diabetes risk in the last 12 months – your GP can organise this with you at your Heart Health Check.

Why is there a specific Heart Health Check appointment at your Practice if the fees are similar to your Standard and Long appointment fees?

At The Crane GP, we value your time and aim to provide a streamlined service to cover as much as possible on the day of your appointment. By booking a Heart Health Check appointment, this will ensure:

- Our Practice nurse conducts the relevant history-taking and physical examination to save your GP time, thus facilitating a more purposeful and individualised discussion with your GP.
- Your GP performs a targeted assessment and discussion to assess your cardiovascular risk.

- You have time to get your blood test done after the consultation with our on-site Pathology collector (if you have not had a recent cholesterol and diabetes blood test in the last 12 months).

Do I have to fast for the blood test?

New evidence has suggested it is not necessary to fast for your blood test, however, there may be exceptional situations where you may have to return another day for a fasting blood test in the morning if you have not fasted for 8 – 12 hours. A fasting blood test means no eating or drinking anything other than water for 8 – 12 hours before your blood test. Please check our website for [Pathology Collection hours](#).

Can I get a blood test form before my appointment?

We do not provide blood test forms prior to your appointment if this is your first ever Heart Health Check because we must clinically assess and order the tests required. If you have seen your GP for another matter prior to your Heart Health Check, you can request for a blood test form from your GP and get this done prior to your Heart Health Check. Please allow up to 1 week for your blood test results to be available.

How much time do I need to allow for a Heart Health Check?

We recommend you allocate at least 1 hour in case your GP is running late. You will first spend 15 – 30 minutes with our Practice nurse to collect your history and physical observations, and to perform an electrocardiogram (ECG) if required. You will see your GP after that.

I had a blood test done at another clinic within the last 12 months to check my cholesterol (Total cholesterol + HDL + LDL + Triglycerides + Total/HDL ratio) and diabetes risk (HbA1c). Can these be used at my Heart Health Check?

Yes, please ensure that you bring a copy of these results with you to save time.

If you have any further questions, please contact our friendly reception team at 03 9088 3258.

We look forward to working with you to protect your heart.