

Dear Michael Carome,

Did you know that Inova and HealthFair are now offering ultrasound tests of the heart and arteries in your neighborhood? In just one hour, we can assess your risk of heart disease, stroke, or aneurysm using the latest ultrasound technology, which allows physicians to actually see inside your arteries.

Chances are you know someone who has been affected by a serious medical condition, such as a heart attack, stroke, aneurysm or cancer. The statistics are staggering, with nearly **1.4 million** deaths in the United States each year due to cardiovascular disease and cancer alone.

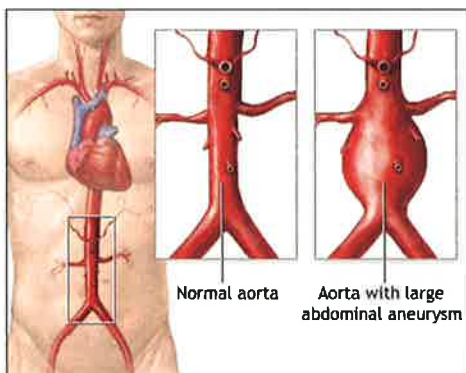
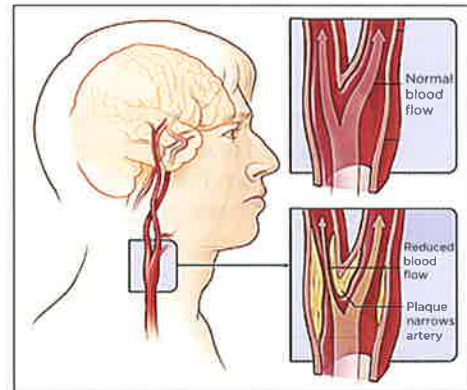
There are several factors that can significantly increase your risk of heart disease and stroke, including: age, smoking, family history, obesity, diabetes, blood pressure, and cholesterol. We can't control our genetics, but the good news is that most cardiovascular diseases are preventable, and even reversible if caught early and treated.

**Up to 80% of strokes  
can be prevented if  
detected early.**

\*National Stroke Association

This is why it's important to be proactive and participate in regular preventive screenings. HealthFair's physicians have designed a series of tests focused on detecting the main causes of heart disease, stroke and aneurysm. The standard package includes the following:

- 1) Echocardiogram Ultrasound-** A video ultrasound of the heart which may detect enlargement of the heart, valve abnormalities, blood clots, tumors and more.
- 2) Stroke/Carotid Artery Ultrasound-** This ultrasound looks at the carotid arteries in the neck to detect the presence of plaque, one of the leading causes of stroke.
- 3) Abdominal Aortic Aneurysm Ultrasound-** This ultrasound checks for aneurysms in the abdomen. The danger lies in the risk of the aneurysm bursting or rupturing. (4 hour fast required)



- 4) Electrocardiogram (EKG)-** This screening provides a picture of the heart's electrical activity, which may predict pending heart attack, irregular rhythms and more.
- 5) Peripheral Arterial Disease (PAD) Test-** This screening measures the blood circulation in the extremities. Poor circulation could indicate the presence of peripheral arterial disease and an increased risk for heart attack or stroke.
- 6) Hardening of the Arteries Test (ASI)-** Arteriosclerosis (hardening of the arteries) reduces flexibility in the arteries making the heart work harder. Abnormal ASI values could also indicate increased risk for heart attack or stroke.

These six tests combined would typically cost thousands of dollars at most medical facilities. Through Inova's partnership with HealthFair, we are now offering the 6-Test Prevention Package to test for heart disease, stroke, and aneurysms for just **\$179**.

All results are reviewed by board certified physicians and a complete report is available in approximately one week. We encourage participants to take this report to a physician for follow up care. If an abnormality is discovered, a professional staff member from Inova may follow up with you to discuss your options.

Don't forget about screenings for c-reactive protein, thyroid abnormalities, prostate and colorectal cancer, testosterone, and comprehensive men's and women's packages. For a limited time we are also offering \$20 off our patented Know Your Number five-year risk assessment with lipid and glucose blood panel. This screening can predict your future risk of developing chronic diseases such as diabetes, heart disease, stroke, lung cancer, and more.

Screenings are performed in the comfort and privacy of our mobile clinic. We are coming to the following location in your neighborhood:\*

**Where: K-Mart**  
**4251 John Marr Drive**  
**Annandale, Virginia 22003**

**When: Saturday, October 11, 2014**

**\*Additional dates and locations available**



HealthFair has performed over 1,000,000 screenings nationwide since 1998 and has saved thousands of lives. See what some people are saying about their experience:

*"A few months ago, I reluctantly responded to a flyer in my local newspaper for the stroke and aneurysm screening. One week later and to my surprise, the screening showed a 90 percent blockage in my carotid artery, making me a prime candidate for a debilitating or deadly stroke. As a result, I had surgery and am fully on my way to recovery and good health. My wish is that my experience will encourage others to have the same detection tests." – E. Klein*

Appointments are required and spaces are limited. To schedule your screening call **1-855-361-TEST(8378)** or visit [www.InovaHeartBeat.org](http://www.InovaHeartBeat.org) to schedule online.

Wishing you the best of health,

Dr. Robert P. Oristaglio, D.O.  
Chief Medical Officer  
HealthFair

P.S. HealthFair offers screenings nationwide so friends and loved ones in different communities can schedule a screening too. Call 1-855-361-TEST(8378) to find out more.

## Testimonials



"I had a screening done with HealthFair. When the results came in, I brought them to my doctor where he immediately did an ultrasound. That is when my doctor noticed how clogged my arteries were. He told me to go to

the hospital the next day. Three days later I had a triple bypass. Were it not for HealthFair it could have been tragic. I can't thank you enough." – **Jim Skelly**



"I'm 68-years-old and I have always been proactive with my health. I don't smoke, I don't drink, I eat healthy and go ballroom dancing 4-5 times a week. During a HealthFair screening, they found one of my carotid arteries was now more than 90 percent blocked and

said I should go to the emergency room. My doctor confirmed my carotid artery was 99 percent blocked. Two days later I was having bypass surgery on my carotid artery. Nobody thinks about their carotid artery. I tell EVERYBODY – you need to have a HealthFair screening – they saved my life!"

– **Barbara Knapp**



"My wife and I made an appointment at HealthFair to see if we had any health issues we were unaware about. HealthFair found that I had something that needed to be checked. I found out I had an ascending aorta aneurysm. Surgery took place shortly after that and I'm like a new man again! The services HealthFair offered proved to be invaluable to my life."

– **Larry & Linda Covey**

## Frequently Asked Questions

### Q: Who needs to be screened?

A: We typically recommend regular screening starting at age 45. If you have additional risk factors such as diabetes, family history, smoking, or others, you may want to consider screening starting at age 40.

### Q: How long does it take?

A: A complete screening takes less than one hour.

### Q: I have no symptoms, why should I get screened?

A: As is the case with many heart attacks, strokes, and aneurysms, they often occur without any symptoms. It's important to be proactive with your health and find any issues before they become serious.

### Q: If these tests are important, won't my doctor order them for me?

A: Due to the high cost of diagnostic testing, physicians typically only order screenings when a patient is showing symptoms, often times when it's too late.

### Q: When do I get my results?

A: Results are read by board certified physicians and are available in approximately one week.

### Q: How is the pricing so affordable?

A: HealthFair performs over 100,000 screenings each year and since we are mobile, we are able to keep overhead down. Also since we don't bill insurance, we are able to save dramatically by reducing costs associated with billing.

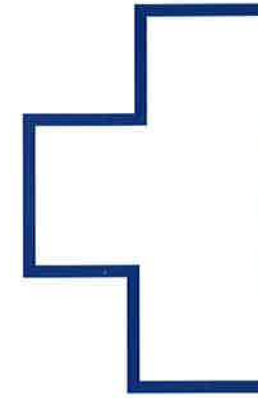
### Q: Does Medicare or insurance cover these screenings?

A: Insurance coverage varies from policy to policy. If requested, HealthFair can provide an itemized statement for you to submit for reimbursement.



# INOVA™

Join the future of health.



**How to avoid  
a heart attack  
or stroke.**



Call 1-855-361-TEST(8378) or visit  
[InovaHeartBeat.org](http://InovaHeartBeat.org) to schedule.



Screenings Provided by:

**HEALTHFAIR®**

## Preventive & Affordable Healthcare Brought to You

The INOVA Heart and Vascular Institute is driving home better cardiovascular health by making it convenient and affordable to get regular preventive screenings. With today's technology, physicians can actually see inside your heart and arteries using safe and painless ultrasound screenings. The INOVA Heart and Vascular Institute has teamed up with HealthFair to bring these life-saving screenings to your neighborhood. In less than one hour, you can get a complete cardiovascular screening in the comfort and privacy of our mobile health clinic. With just one appointment, technicians can perform a series of tests which look at the major risk factors of heart attack, stroke, aneurysms, and even cancer. It's important to know your cardiovascular health, so get screened today!

HealthFair is proud to be the national leader in preventive health screenings. We've performed over 1,000,000 screenings since 1998, and have helped save thousands of lives.



### Why Get Screened

For conditions such as stroke, oftentimes the first symptom is actually experiencing one. Many vascular and heart diseases will not show symptoms until it's too late, but up to 80 percent of all strokes can be prevented.\* Screenings can identify risk factors that can be changed, treated, and controlled, such as atrial fibrillation, peripheral artery disease, and carotid disease. With a HealthFair screening, you will gain peace of mind and extensive knowledge about your individual health.

### How It Works

Each mobile clinic is equipped with private exam rooms to ensure a personal and comfortable testing experience. Technicians use painless ultrasound technology to examine your heart and arteries to identify potential health risks. All results are examined by board certified physicians and a complete report is available in approximately one week. The whole screening process takes less than one hour to complete. Once you receive your report, a care coordination specialist may be available to follow up on your screening results. Individuals are also encouraged to take their report back to their personal physician for follow up.

\*National Stroke Association

## Heart Disease, Stroke and Aneurysm Prevention Package

**Echocardiogram Ultrasound:** Video ultrasound of the heart which may detect enlargement of the heart, valve abnormalities, blood clots, tumors, and more.

**Stroke/Carotid Artery Ultrasound:** Ultrasound examines the carotid arteries in the neck to detect the presence of plaque, one of the leading causes of stroke.

**Abdominal Aortic Aneurysm Ultrasound:** Ultrasound check for aneurysms in the abdomen. The danger lies in the risk of the aneurysm bursting or rupturing (4 hour fast required)

**Electrocardiogram (EKG):** Provides a picture of the heart's electrical activity, which may predict pending heart attack, irregular rhythms and more.

**Peripheral Arterial Disease (PAD) Test:** Screening measures the blood circulation in the extremities. Poor circulation could indicate the presence of peripheral arterial disease (PAD) and increased risk for heart attack or stroke.

**Hardening of the Arteries (ASI) Test:** The Arterial Stiffness Index (ASI) measures the flexibility or hardening of the arteries. The stiffer the arteries, the harder the heart has to work and the more long-term damage it will sustain.

These combined tests are valued at over \$2,300.

**For a limited time, HealthFair is offering these life saving screenings for only**

**\$179**



Call 1-855-361-TEST(8378) or visit [InovaHeartBeat.org](http://InovaHeartBeat.org) to schedule.



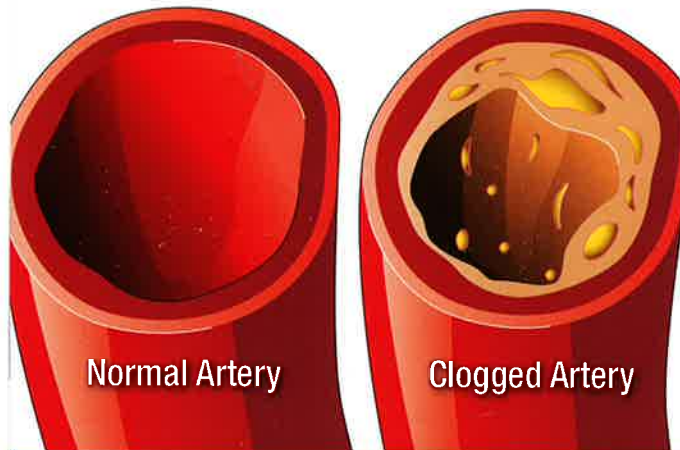
# INOVA™

*Join the future of health.*



**Think an annual  
checkup  
is enough?**

Ultrasound technology looks inside your arteries to identify health problems your doctor may not see, before symptoms even show. Don't wait until you have a stroke. **PREVENT IT** with an ultrasound screening today.



Normal Artery

Clogged Artery

Screenings Provided by:



**HEALTHFAIR®**

# Ultrasound Tests of the Heart & Arteries

## Basic 6-Test Package

Echocardiogram (ECHO)  
Ultrasound Test

Stroke/Carotid Artery  
Ultrasound Test

Abdominal Aortic  
Aneurysm Ultrasound

Electrocardiogram  
(EKG)

Peripheral Arterial  
Disease (PAD) Test

Hardening of the  
Arteries (ASI) Test

**All 6 Tests \$179** (Valued at \$2,300)

## Know Your Numbers Risk Assessment

Five-year Disease  
Risk and Lipid Panel  
**\$99**

Personalized report that assesses  
your five-year risk for major diseases  
including: stroke, diabetes,  
heart disease and more.

## LIMITED TIME OFFER

Combine both packages and get

**\$ 20 OFF**

Promo Code: **OCT20**

VALID AUGUST 1, 2014 - OCTOBER 31, 2014

Ask about our

### Men's & Women's Comprehensive Packages

which also includes blood screenings for  
testosterone, thyroid, prostate and  
c-reactive protein abnormalities.

**Call or visit us online today to  
schedule your appointment!**

**1-855-361-TEST(8378)  
InovaHeartBeat.org**



## FAQ

[Home](#) [Resources](#) [FAQ](#)

HealthFair has provided many answers to the most frequently asked questions regarding health screening and disease. If you don't see the question or answer you seek, please [contact us](#).

Why take part in preventive health screenings?

How do I prepare for my upcoming screening?

Are the health screenings offered by HealthFair accurate and equivalent to those given by my physician?

Why can't my physician do these health screenings as part of my routine physical?

How can HealthFair offer top-quality health screenings at such low prices?

Where does HealthFair conduct the health screenings?

Does Medicare or health insurance cover preventive health screenings?

How often should I have these health screenings?

How long do the health screenings take?

I work during the day. Can I schedule a health screening later in the day?

When will I receive my health screening results?

How will I receive my health screening results?

Who reads my health screening results?

When should I be screened?

Will I receive the results of my health screenings or will they be given directly to my physician?

How long has HealthFair offered these health testing services?

HealthFair's health screenings have been offered since 1998 with over 500,000 people tested and hundreds of lives saved. Starting with one vehicle and one mission—to offer life-saving health screenings to communities around the nation at an affordable rate—HealthFair now operates a nationwide fleet of mobile health testing units. We hold hundreds of health screening events for individuals and corporations every month. HealthFair is proud to be the national leader in mobile health testing.



-- Abdominal Aortic Aneurysm

# Abdominal Aortic Aneurysm

Home Individual Screenings Abdominal Aortic Aneurysm

## What is an Abdominal Aortic Aneurysm Ultrasound?



John Hopkins Hospital defines an abdominal aorta ultrasound as a non-invasive, painless test that uses high-frequency sound waves to generate images of your aorta, the main blood vessel leading away from the heart. An abdominal ultrasound identifies the presence of an [aortic aneurysm](#) and can also be used to check for other diseases that affect your kidneys, liver, gallbladder and pancreas.

Most abdominal aortic aneurysms are asymptomatic, not detectable on physical examination, and silent until discovered during a screening test. The danger lies in the risk of the aneurysm rupturing; ruptured abdominal aortic aneurysms have a greater than 90 percent mortality rate. Early detection with abdominal aortic aneurysm screenings are the key to successful treatment and a

longer life.

The Mayo Clinic states an abdominal ultrasound might be recommended if you have health issues with another organ in your abdomen.

### Individual Health Screening Tests [Colorectal Cancer Take Home Kit](#)

Are You At Risk?

- [Abdominal Aortic Aneurysm](#)
- [Ankle Brachial Index](#)
- [Arterial Stiffness Index](#)
- [Carotid Artery Ultrasound](#)
- [Bone Density Ultrasound](#)
- [Echocardiogram](#)

- [Electrocardiogram](#)
- [High Sensitivity C-reactive Protein](#)
- [Mammography](#)
- [Prostate Specific Antigen](#)
- [Thyroid Stimulating](#)
- [Know Your Number](#)
- [Testosterone Test](#)

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[This is a fair priced and super efficient way to make sure I am healthy and strong](#)

[Preventive maintenance is the correct way to go](#)

### Learn More





## Response To Criticisms

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HealthFair, a leading health and wellness company, provides awareness and education to consumers to help improve the quality of their lives. Utilizing mobile health centers, HealthFair's mission is to improve and extend lives through the early detection and prevention of disease. With powerful information, consumers gain the early knowledge necessary to make important health decisions with the oversight of their primary physicians.

- [Response to Criticism Dated June 30, 2014](#)
- [Response to Criticism Dated June 19, 2014](#)

### Response to Criticism Letter Dated June 30, 2014

These are the facts regarding HealthFair and its accreditation by The Joint Commission:

HealthFair was the only healthcare provider of its type accredited by The Joint Commission between 2004 and 2013. Each accreditation is for a 3-year term. As the last 3-year period neared its close, HealthFair sought to initiate the reaccreditation process again. However, The Joint Commission told HealthFair that it was in the process of designing new criteria and could not accept any applications at that time. The accreditation term expired at the end of 2013 and HealthFair is still awaiting guidance from The Joint Commission on the new application process. When the accreditation expired at the end of 2013, the company removed all references to it in HealthFair marketing materials and websites and has requested that all hospital partners update any of their marketing materials accordingly. HealthFair was accredited at the time of any press releases and posting of information.

HealthFair is in the process of reapplying for reaccreditation. While awaiting the reaccreditation, HealthFair continues to adhere to the quality standards of The Joint Commission.

HealthFair also is in the process of pursuing accreditation from the National Committee for Quality Assurance (NCQA), the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL) and the American College of Radiology (ACR).

References towards HealthFair's history with The Joint Commission accreditation:

- 2004: Initial accreditation received
- 2010: Reaccreditation received
- 2013: scheduled for reaccreditation
- June 2013: Letter received from The Joint Commission indicating they were revising their eligibility criteria
- October 2013: New application submitted in anticipation of new eligibility criteria being revised
- December 2013: Accreditation allowed to lapse while waiting for new eligibility criteria
- June 2014: The Joint Commission's website indicates new eligibility criteria in place
- July 2014: Letter sent to The Joint Commission to continue application process given new eligibility criteria

### Response to Criticism Letter Dated June 19, 2014

HealthFair screens over 100,000 people per year and every week we hear from people who first learned about potentially urgent conditions because of our services. This adds up to nearly 1,000 heart attacks and strokes prevented every year. We recognize the benefits of preventive screenings and will continue to put healthcare decisions in the hands of consumers and their physicians

HealthFair stands by our program to educate the consumer, pre-select those that are candidates for screenings, and provide them with the *choice* to obtain testing. While our partnerships with hospitals give the consumer an avenue to have their results reviewed and discussed with qualified healthcare providers,

participants can chose any physician of their choice for follow-up care. This puts healthcare decisions in the hands of consumers and their providers, not in the hands of government.

HealthFair has screened over 1,000,000 individuals, with thousands of testimonials. In addition, HealthFair has found thousands of individuals that, while asymptomatic, had clear end-organ disease. Through hospital care coordination, these individuals sought and received the necessary care, and made the necessary lifestyle changes, they would not have otherwise. You can read a sampling of real stories from real people on our [Testimonials](#) page.

If you have a HealthFair experience that you want to share that could help make a positive impact in another's life, please [Share Your Story](#).

HealthFair's mission is to improve and extend lives through the early detection and prevention of disease. Despite what this group claims, it is fact that cardiovascular disease is the leading cause of death in the United States. The tests that HealthFair provides have been proven to be effective at safely identifying many of the most common cardiovascular abnormalities and causes for heart attacks and strokes, such as plaque in the arteries, AFIB, and even aneurysms. HealthFair has identified, on average, one person per day walking around with a critical abnormality that they were unaware they had; hundreds of these cases per year. Nearly half of all of our screening participants have some type of abnormality, in most cases they were unaware they had, and that the majority of physicians that are treating patients are also unaware of these issues.

If you have any concerns about HealthFair or the services we provide, feel free to reach out to LeAnn McDonald, our Public Relations Director, at [lmcdonald@healthfair.com](mailto:lmcdonald@healthfair.com).



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- Testimonials

## Testimonials [Home](#) [HealthFair Stories](#) [Testimonials](#)

Your health screening story is unique and powerful, and we always enjoy hearing how our health screening tests have positively impacted the lives of others. By sharing your health screening story, you inspire others to be proactive about their health.

### [This is a fair priced and super efficient way to make sure I am healthy and strong](#)

I went to healthfair to get a echocardiogram which would have cost me (or the insurance company) 350 dollars. I

[Read more →](#)

### [Preventive maintenance is the correct way to go](#)

I absolutely feel preventive maintenance is the correct way to go. The problem with today's medicine is that they wait

[Read more →](#)

### [The scan found the beginnings of plaque in the arteries in my neck](#)

I had the scans done and found the beginnings of plaque in the arteries in my neck. My doctor reviewed

[Read more →](#)

### [Loved that she could be tested so easily...](#)

The Mercy HealthFair Mobile Health Center recently rolled out to Cincy Magazine's Best of the East Party in Cincinnati, Ohio

[Read more →](#)

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Enter Zip Code Here



[HealthFair Stories](#)

[Testimonials](#)

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[In The News](#)

## Video Testimonials





⇒ HealthFair Menu

## Glad I did not wait for symptoms to appear



HealthFair saved my life. My wife had pleaded with me to get myself checked for years. She even made an appointment for me with HealthFair, and I finally agreed to get screened as a preventive measure instead of waiting for symptoms to appear.

The service I received from the HealthFair staff was above excellent. The way the tests were performed was very organized, and I liked the fact that men and women had their own private screening rooms. After performing the procedures, the technicians told me that they had discovered an Abdominal Aortic Aneurysm over 6 cm long, and that I had to immediately go to the hospital.

Since I am a veteran, I went to the nearest VA hospital where they confirmed the screening results. The physicians said I had to make an extremely quick decision on surgery before it was too late. I ended up having an aneurysm repair with endovascular stents.

Ever since this experience, I have broadcasted HealthFair's life-saving services as much as I can.

- Peter Orlando

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about 2 hours ago

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4 days ago

RT @erlangerhealth: We are now partnering with @HealthFairUSA to bring convenient & affordable



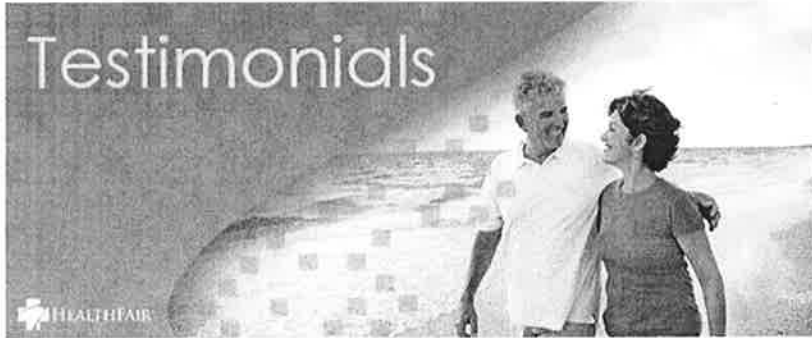
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## The scan found the beginnings of plaque in the arteries in my neck



I had the scans done and found the beginnings of plaque in the arteries in my neck. My doctor reviewed the results and started me on a cholesterol medication and told me to repeat the scan one year from the original scan. With out this check it would have made it more likely that I could have a stroke. I am very glad I had the scans available to me and at an affordable charge.

-Linda  
Indiana

Share     

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### Health Screening Packages



HealthFair offers a range of appropriately-targeted health screening tests to identify potential threats to your health. Our health screening tests help identify abnormalities that may lead to a heart attack, stroke, aneurysm and cancer. Health screenings are essential to a healthy lifestyle because the sooner a threat is detected, the higher the success of treatment and the lower the risk of complications. We offer several affordable health screening packages to ensure you are provided with a comprehensive understanding of your health.

[Learn More](#)

### Hospitals & Employers



HealthFair makes advanced health screening tests available in a convenient and affordable way. We utilize a fleet of self-contained mobile health screening centers that visit communities and employer groups nationwide.

[Learn More](#)

Trusted Health & Wellness Provider For Hospitals Nationwide



### Real People, Real Health & Wellness Stories





- Screening Packages

# Screening Packages

Home Health Screenings Screening Packages

Preventive health screenings are very useful in early detection of all types of illnesses and risk factors. HealthFair mobile health clinics offer a variety of comprehensive health screening tests that are **simple to understand, convenient and save you money.**

Along with individual health screening tests, HealthFair offers 4 health screening packages. Packaging our screenings together not only provides you with a more **comprehensive** understanding of your health, but also **saves you money.**

## Schedule Your Screening Today!

Locate A Mobile Health Center Near You

Enter Zip Code Here

**Basic Package**  
6 Screenings  
\$179

[Learn More](#)

Echocardiogram (ECHO)

Electrocardiogram (ECG or EKG)

Hardening of the Arteries Test (ASI)

Stroke/Carotid Artery Ultrasound

Abdominal Aortic Aneurysm Ultrasound

Peripheral Arterial Disease Test (PAD)

**Advanced Package**  
7 Screenings  
\$258

[Learn More](#)

Echocardiogram (ECHO)

Electrocardiogram (ECG or EKG)

Hardening of the Arteries Test (ASI)

Stroke/Carotid Artery Ultrasound

Abdominal Aortic Aneurysm Ultrasound

Peripheral Arterial Disease Test (PAD)

Know Your Number®



## FAQ

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Why take part in preventive health screenings?

How do I prepare for my upcoming screening?

Are the health screenings offered by HealthFair accurate and equivalent to those given by my physician?

Why can't my physician do these health screenings as part of my routine physical?

Due to the typically high cost of these preventive tests, many physicians will only order them when a patient is showing apparent symptoms. Since many conditions including heart disease may develop without any outward symptoms, it is important to identify disease even before symptoms appear.

How can HealthFair offer top-quality health screenings at such low prices?

Where does HealthFair conduct the health screenings?

Does Medicare or health insurance cover preventive health screenings?

How often should I have these health screenings?

How long do the health screenings take?

I work during the day. Can I schedule a health screening later in the day?

When will I receive my health screening results?

How will I receive my health screening results?

Who reads my health screening results?

When should I be screened?

Will I receive the results of my health screenings or will they be given directly to my physician?

How long has HealthFair offered these health testing services?

What type of equipment is used to perform these health screenings?





-- Arterial Stiffness Index

# Arterial Stiffness Index

Home Individual Screenings Arterial Stiffness Index

## What is the Arterial Stiffness Index?



The Arterial Stiffness Index (ASI) is a measure of the loss of elasticity in the arteries that occurs with onset of vascular disease and advancing age. It is a number that correlates with arteriosclerosis, which is a condition in which fatty material collects along the walls of arteries. This fatty material thickens, hardens (forms calcium deposits) and may eventually block the arteries. Because arteriosclerosis reduces flexibility in the arteries, the higher the ASI, the more likely someone is to have hardening of the arteries. This condition can lead to coronary artery disease (CAD). ASI screenings are pain-free, highly effective and may determine whether you have risk of heart disease.

### Health Screenings

Are You At Risk?

- [A1c Testing](#)
- [Abdominal Aortic Aneurysm](#)
- [Ankle Brachial Index](#)
- [Arterial Stiffness Index](#)
- [Carotid Artery Ultrasound](#)
- [Echocardiogram](#)
- [Colorectal Cancer Take Home Kit](#)
- [Electrocardiogram](#)
- [High Sensitivity C-reactive Protein](#)
- [Prostate Specific Antigen](#)
- [Thyroid Stimulating](#)
- [Know Your Number](#)
- [Testosterone Test](#)

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