

Know Your Risk: Checking the Health of Your Arteries

Answer the risk factor questions and then check your result based on age group.

1. Do you have a family history of heart attack, stroke or other cardiovascular disease?..... ☐ Yes ☐ No ☐ Unknown
2. Do you have diabetes?..... ☐ Yes ☐ No ☐ Unknown
3. Do you have high blood pressure?..... ☐ Yes ☐ No ☐ Unknown
4. Do you have high cholesterol?..... ☐ Yes ☐ No ☐ Unknown
5. Do you smoke or live with a smoker?..... ☐ Yes ☐ No ☐ Unknown
6. Are you overweight by 20lbs or more?..... ☐ Yes ☐ No ☐ Unknown
7. Are you age 55 or older ?..... ☐ Yes ☐ No

AGE: Under 40



AGE: 40 to 54



AGE: 55 & Older



Wait a While

Screenings are not recommended for people under 40. (Unless your doctor has recommended them to you.)

Make sure to get your blood pressure, cholesterol, height, weight, and waist size checked.

Consider

Vascular screening may be right for you. Though you are on the younger side, your risk factors potentially make you a candidate. Please consult with your doctor and consider your personal preferences about screening.

2 OR
MORE YES
ANSWERS

Recommended

Vascular screening is most likely right for you. You have at least 2 risk factors, including your age. These risk factors make you a candidate.

2 OR
MORE YES
ANSWERS

Other factors may impact your risk such as gender, ethnicity, and Body Mass Index. Please consult with your doctor.

Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES
ANSWERS

Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES
ANSWERS