



# Australian Cardiovascular Disease Risk Checks

BY OUR DOCTORS AND NURSES

ASSESSMENT	STANDARD	PREMIUM	DELUXE
Duration	15 minutes	20 minutes	20 minutes
Blood Pressure	✓	✓	✓
Heart Rate	✓	✓	✓
Blood Sugar Level	✓	✓	✓
Total Cholesterol	✓	✓	✓
Waist/Hip Ratio	✓	✓	✓
Smoking	✓	✓	✓
<b>LIFESTYLE:</b>			
Physical Activity	✓	✓	✓
Diet & Nutrition	✓	✓	✓
Alcohol	✓	✓	✓
Sleep	✓	✓	✓
Diabetes Risk Score*	✓	✓	✓
Mental Health*	✓	✓	✓
HDL Cholesterol		✓	✓
TC / HDL Ratio		✓	✓
CVD Risk Score*		✓	✓
LDL Level (Fasting required)			✓
Triglycerides Level (Fasting required)			✓

\*CVD Risk Score: According to the Australian Cardiovascular Disease (CVD) Risk Assessment

\*Diabetes Risk Score: According to the Australian Type 2 Diabetes Risk Assessment

\*Mental Health: According to the Kessler Psychological Distress Scale (K10)