Service Package for Healthy Heart

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South Dakota Urban Indian Health

1. Initial baseline comprehensive physical exam
2. Electrocardiogram/ECG (Yearly)
3. Clinical measurements: weight, height, waist circumference, blood pressure and pulse on every visit.
4. Laboratory measures: (Differ depending on conditions)
   1. Glycemic controls including blood sugars and A1C
   2. Kidney Function Tests: eGFR, urine albumin to creatinine ratio
   3. Lipids or Cholesterol levels
   4. Liver enzymes
   5. Hemoglobin and Hematocrit
5. Assessment of prescribed medications
6. Screens: Depression and Tobacco
7. Referrals for diabetic eye and dental exams (cost of exam not covered by program)
8. Medical nutrition therapy with registered dietician
9. Individualized education and care planning with nurse
10. Group diabetes and heart disease education
11. Smoking cessation services
12. Initial baseline physical activity assessment and plan
13. Access to fitness center with extended hours and childcare available
14. Incentives for participating and reaching goals.
15. Provide personal tracking tools