



# How to conduct a Heart Health Check

(MBS item 699 or 177)



This resource is part of the **Heart Health Check Toolkit**, designed to streamline your CVD risk assessment and management. Visit [hrt.how/toolkit](http://hrt.how/toolkit) to learn more.

## Eligibility

- MBS criteria: Adults not already known to have cardiovascular disease (CVD) above 30 years of age.
- **Guideline recommends that CVD risk assessment is performed for the following individuals without existing CVD:** All people aged 45-79 years, people with diabetes aged 35-79 years, First Nations people aged 30-79 years (assess individual risk factors 18-29 years)

## Consultation time

At least 20 minutes

## Risk assessment

### Factors that should be considered as part of the Aus CVD Risk calculator

- Chronic kidney disease
- Age
- Smoking status
- CVD medications
- History of atrial fibrillation (optional)
- Diabetes status
- Familial hypercholesterolaemia
- Sex at birth
- Systolic blood pressure
- Total cholesterol or HDL cholesterol ratio
- Postcode (optional)
- Diabetes variables (optional)

### Other factors that may reclassify risk

- Ethnicity, including First Nations
- Family history of premature CVD
- Severe mental illness
- Coronary artery calcium score

### Other risk considerations

- History of hypertensive disorders and/or pre-eclampsia, gestational diabetes during pregnancy
- More details on these are available in the Aus CVD Risk calculator and the Australian Guideline for assessing and managing CVD risk. Visit [cvdcheck.org.au](http://cvdcheck.org.au)

## Interventions:

- Calculate CVD risk score and classify into low (<5%), intermediate (5-10%) or high (≥10%) risk over 5 years
- Communicate risk and options for management with the person
- Encourage, support and advise a healthy lifestyle
- Recommend interventions and referrals to support lifestyle changes
- Prescribe blood-pressure lowering and lipid-modifying pharmacotherapy where appropriate
- In collaboration with the person being assessed, implement a plan for management and assessment of individual risk factors
- Reassess CVD risk factors according to risk category

## Follow-up

Implement reminder system to recall patients where clinically necessary

## How often can this be claimed?

Once per patient in a 12-month period. Cannot be claimed with other health assessments e.g. items 701, 703, 705, 707 & 715

## Schedule fee (as of Nov 2023)

699: Fee = \$80.10

Benefit = 100% rebate

177: Fee = \$64.10

Benefit = 100% rebate



# How to implement Heart Health Checks in your practice



## Search & recall

Administration staff or practice management team identify eligible patients via systematic records search or opportunistically.



## Collect CVD risk factor information

Clinical team (nurse or GP) records the risk factors such as age, sex at birth, past medical history, blood pressure, cholesterol, CVD medications, lifestyle factors and other optional risk factors (e.g. ethnicity, family history etc).



## Complete risk assessment

GP uses Aus CVD Risk calculator located at [cvdcheck.org.au](http://cvdcheck.org.au). Calculate CVD risk score and consider applying reclassification factors to determine the CVD risk category.



## Encourage, support and advise a healthy lifestyle

Clinical team (nurse or GP).



## Recall and follow-up

Every 12 months or as clinically necessary to monitor risk factors and adherence to medications or other interventions.

Find out more by visiting [heartfoundation.org.au](http://heartfoundation.org.au)