



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 hrtf.how/toolkit to learn more.

Eligibility	<p>Adults not already known to have cardiovascular disease (CVD) above 30 years of age</p> <p>Absolute CVD risk assessment, should be performed for all adults aged 45 and older (or 30 years and older for Aboriginal and/or Torres Strait Islander Peoples) without existing CVD</p>
Consultation time	At least 20 minutes
Risk assessment	<p>Blood pressure</p> <p>Smoking status</p> <p>Cholesterol</p> <p>Diabetes status</p> <p>Chronic kidney disease (CKD)</p> <p>Family history of CVD</p> <p>Alcohol intake</p> <p>Absolute CVD risk must be calculated and recorded using the online calculator at cvdcheck.org.au or via calculators built in to practice software</p>
Interventions	<p>Discuss risk and options for management with patient</p> <p>Provide lifestyle advice to address modifiable risk factors</p> <p>Recommend interventions and referrals to support lifestyle changes</p> <p>Initiate blood pressure and cholesterol lowering medicines for high-risk patients where appropriate</p> <p>Implement a plan for ongoing management and assessment of CVD risk</p>
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 July 2022)	<p>699: Fee = \$76.95 Benefit = 100% rebate</p> <p>177: Fee = \$61.55 Benefit = 100% rebate</p>



How to implement Heart Health Checks in your practice



Search & recall

Identify eligible patients via systematic records search or opportunistically.



Collect CVD risk factor information

Clinical team (nurse or GP) records BP, smoking status, cholesterol, diabetes and CKD status, family history, alcohol intake and other lifestyle risk factors.



Complete risk assessment

GP uses cvdcheck.org.au or practice software.



Provide lifestyle advice and management plan

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