

Heart & Vascular Screening Program

The South Dakota Bankers Benefit Plan (SDBBP) welcomes you in collaboration with Avera Heart Hospital, Sanford Heart Hospital, Monument Health (former Regional Health) and Prairie Lakes Healthcare System to participate in the SDBBP Heart & Vascular Screening Program.

All employees and covered spouses who are age 40 or older and part of the SDBBP will receive a heart and vascular screening free of charge, with the SDBBP covering exam expenses. Those not covered by SDBBP are welcome and encouraged to screen for a negotiated rate of \$50.

Heart Screening Includes:

- Self-Report Questionnaire (including dietary review)
- Cholesterol (fasting/non-fasting)
- Glucose/Blood Sugar
- Blood Pressure
- Cardiovascular Risk Score
- CT Calcium Score (test for evaluating plaque buildup in the coronary artery)

Vascular Screening Includes:

- Stroke Screening/Carotid Artery Ultrasound (imaging test for evaluating plaque buildup in the carotid artery)
- Abdominal Aortic Ultrasound (imaging test to see the abdominal aorta to measure its size)
- Ankle Brachial Index (noninvasive way to check for peripheral artery disease, which occurs when narrowed arteries reduce the blood flow to your limbs)
- **Diabetic Patients:** Vascular screenings are indicated for type 1 diabetics at age 30 and older.

PREVENTION is the key to a healthy, long, productive life. Preventive health screenings are designed to uncover areas of concern even before you have symptoms. Heart disease continues to be the number one cause of death in South Dakota and the U.S.

- 80% of all heart attacks are caused by modifiable risk factors: inactivity, poor diet, smoking and high blood pressure.
- 70% to 90% of all type 2 diabetes is caused by modifiable risk factors: obesity, inactivity, poor diet and smoking.
- Most strokes are linked to high blood pressure and inactivity. The Framingham Heart Study showed that regular physical activity to develop high fitness alone would prevent two-thirds of early strokes.
- Chronic diseases, which account for 75% of health care expenses, are largely caused by modifiable risk factors.
- Four modifiable health behaviors (smoking, poor diet, inactivity and alcohol use) are responsible for at least 42% of all U.S. deaths.

Preparing for Your Screening

To schedule a screening, please contact your nearest hospital location listed in this brochure.

- This SDBBP-sponsored screening is for employees and spouses age 40 or older.
- You do not qualify for this screening if you are being treated by a cardiologist.
- A vascular screening is recommended every five years, unless previous abnormal screening then every one to two years.
- Wear loose and comfortable clothing and avoid pantyhose.
- All medications can be taken with a sip of water.
- Avoid caffeine and tobacco for two hours prior to the screening.
- Fast (no food, drink, gum) for four hours prior to your appointment.
- Bring your SDBBP Health Card for verification and the Heart & Vascular Screening Voucher to your appointment.

We look forward to improving the health and wellness of the SDBBP members in 2020! If you have any questions or concerns, please contact the location you wish to have your screening performed.

Screening Locations



Sanford Center for Screening

Sanford Heart Hospital (*ground floor*)
1305 W. 18th St., Sioux Falls
605.312.2150

Sanford Chamberlain Medical Center

300 S. Byron Blvd., Chamberlain
605.234.6551

Madison Hospital Heart Screening (*in partnership with Avera*)

323 10th St. S.W., Madison

* To schedule in Madison, call 605.256.8638.

Sanford Heart Mobile Screening

To arrange a mobile screening, call Valerie Miller at 605.312.2150 or 888.996.4673 or email Valerie.Miller@SanfordHealth.org.



Monument Health (former Regional Health)

353 Fairmont Blvd., Rapid City
605.755.1000



PRAIRIE LAKES
Healthcare System

Prairie Lakes Healthcare System

401 9th Ave. N.W., Watertown
605.882.7690 (Central Scheduling)

If you **are not** covered by the South Dakota Bankers Benefit Plan, there will be a \$50 charge per person at time of service for heart and vascular screening.

Employee Name _____

Spouse Name _____

Name of Bank You Work For: _____

Screening Locations



For all locations, call 877.282.8372 and press 2.

Aberdeen

Avera St. Luke's Hospital
305 S. State St., Aberdeen

Dell Rapids

Avera Dells Area Hospital
909 Iowa Ave., Dell Rapids

Flandreau

Avera Flandreau Hospital
212 N. Prairie St., Flandreau

Gregory

Avera Gregory Hospital
400 Park Ave., Gregory

Madison (in partnership with Sanford)

Madison Regional Health System
323 10th St. S.W., Madison
* To schedule in Madison, call
605.256.8638.

Mitchell

Avera Queen of Peace Hospital
525 Foster St., Mitchell

Parkston

Avera St. Benedict
401 W. Glynn Dr., Parkston

Pierre

Avera St. Mary's Hospital
801 E. Sioux Ave., Pierre

Platte

Platte Community Hospital
601 E. 7th St., Platte

Sioux Falls

Avera Heart Hospital
4500 W. 69th St., Sioux Falls

Yankton

Avera Sacred Heart Hospital
501 Summit St., Yankton

Please fill out this card and bring it to your screening appointment.



WellmarkBlue PPO



Employee Name _____

Spouse Name _____

Health Insurance ID No. _____

Group No. 88874

OFFICE COPAY:
\$0 for Heart &
Vascular Screening

Questions: Contact Michelle Guthmiller at 800.221.7551
or Mike Feimer at 605.660.2341.



South Dakota Bankers Benefit Plan
**Heart & Vascular
Screening Program**



Educate. Advocate. Grow.

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