

# CLINICIAN RESOURCES



OUR HEALTHY HEART™

DISEASE MANAGEMENT FROM ATHEROTECH®



ATHEROTECH®  
DIAGNOSTICS LAB



Atherotech's Medical Science Consultants (MSCs) are a valuable resource available to clinicians working toward a better understanding of lipid particle fractionation and available tests related to cardiovascular (CV) risk reduction. They provide in-depth knowledge on key clinical and scientific research supporting cardiovascular disease (CVD) prevention and risk reduction. Their expertise includes collaborative support in CV risk stratification, as well as discussions of treatment options to facilitate therapy aimed at the reduction of CVD risk. Our MSCs can explain how the Vertical Auto Profile (VAP) and other Atherotech CV related test panels, along with the Our Healthy Heart program, can easily be integrated into daily clinical practice.

MSCs are clinical, non-sales professionals dedicated to help the medical community understand CV preventive medicine and increase clinical practice efficiency. MSCs have an extensive knowledge of CV risk reduction including comprehensive lipid testing and metabolism, insulin resistance, diabetes, metabolic syndrome, CVD and other related disorders.

### Services provided by the MSC:

- Assistance in interpretation of VAP® Test results, clinical implications and treatment options.
- Educational review of lipoprotein physiology and pathophysiology to better understand risk and treatment selection.
- Presentation of formal and informational case studies.
- Education about new CVD/diabetes risk markers.

### Contact the MSC:

- Contact your local Atherotech representative to arrange a MSC visit.
- Call the MSC hotline and leave your request or questions. The call will be returned within 2 hours M-F. **(MSC Hotline: 877-519-4807)**
- Email the MSC (MSC@atherotech.com)



### What is the Our Healthy Heart program?

Our Healthy Heart is a unique program offered by Atherotech. The Our Healthy Heart program is designed to educate patients on a healthy lifestyle that includes a balanced diet, regular physical activity and medication compliance. Our Cardiovascular Risk Reduction Educators (CREs) partner with the clinician and the patient to enhance adherence to the clinician's prescribed treatment plan for reducing diabetes, metabolic syndrome and cardiovascular disease risk. Our Healthy Heart, along with the VAP Test, helps improve patient outcomes.

### Who can enroll in the Our Healthy Heart program?

Enrollment is open to any patient who has had a VAP or Atherotech test directly from Atherotech.

### How much does it cost?

There is no additional cost to the patient or clinician.

### How do my patients get enrolled into the program?

To enroll your patients in Our Healthy Heart, instruct them to call the toll-free number **1-866-VAP-TEST (1-866-827-8378)** to schedule an appointment. Utilization of the tear-off pad sheets will provide key information for patients to encourage their participation in Our Healthy Heart. Your support of your patients' participation in the Our Healthy Heart program can have a significant impact on your patients' success.

### Who will educate my patients?

We have professional health educators or CREs who provide individualized lifestyle management suggestions and strategies to your patient.



### What educational topics will be discussed?

The CREs base their education program on ATP III Therapeutic Lifestyle Considerations (TLCs), physician's recommendations, patient's needs, test results, and applicable education units. Topics include:

- Overview of VAP Test Results
- The Fats of Life
- Read What You Eat (Understanding Food Labels and Portion Sizes)
- Eating Out and Enjoying It
- Carbohydrates: The Good, The Bad, and The Ugly
- Sodium: Cutting Back and Keeping the Flavor
- Shopping Smart and Cooking Light
- Stress: Living With It
- Exercise: The Right Habit for Your Heart
- Aim for a Healthy Weight

### How will I be updated on my patient's progress?

Upon request, progress notes for your records can be mailed or faxed to you after each education session.



OUR HEALTHY HEART™

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YOUR HEART PARTNER™

**ATHEROTECH**  
DIAGNOSTICS LAB

Atherotech's mission is to improve patient outcomes through comprehensive yet cost-effective testing solutions including the proprietary VAP® Test, friendly and dedicated service, and education for healthcare providers and patients.