



## CARDIAC (HEART) HEALTH SCREEN

### **About This Test**

The Cardiac (Heart) Health Screen, also known as a Lipid Panel, is a group of tests used to detect your risk of coronary artery disease, heart attack, or stroke. Lipids are fats and fat-like substances found in the bloodstream and stored in body tissues. The screen measures: Total Cholesterol, LDL (“bad” cholesterol), HDL (“good” cholesterol), VLDL cholesterol, and Triglycerides.

### **What Should I Do With My Results?**

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If any of your results were abnormal or out-of-range:** You could be at increased risk for coronary artery disease. As with any abnormal results, it’s important that you discuss their implications with your physician.

**If your results were within normal range:** If all of your cardiac health screen test components were within normal range, you should follow the screening guidelines for your age and health status. The American Heart Association recommends that, beginning at age 20, your doctor should assess your risk for coronary artery disease. If your physician has assessed your risks of heart disease and your risks are not elevated, it is recommended that you be screened every five years.

### **How Do I Obtain My Results?**

Results are available through our online patient portal, My Labs Now<sup>SM</sup>. Visit [www.compunetlab.com](http://www.compunetlab.com) to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact [help@luminatehealth.com](mailto:help@luminatehealth.com) if you need assistance. CompuNet is unable to provide verbal results to patients.

### **I Do Not Have a Regular Doctor. Where Can I Find One?**

If you do not have a doctor, we recommend the following resources to locate one:

**Premier Health Find a Doctor**  
(937) 684-4155 or 1-855-PREMIER  
[www.premierhealth.com/findadoc](http://www.premierhealth.com/findadoc)

**WebMD Care**  
[www.doctor.webmd.com](http://www.doctor.webmd.com)

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CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.