



HELPING PEOPLE ATTAIN BETTER HEALTH THROUGH WEIGHT MANAGEMENT



An estimated 65% of U.S. adults are overweight or obese and are at risk for serious obesity-related health problems that affect the quality of life and subsequent medical costs.

Since the beginning, Heart Screen has been addressing these CORE health issues (Cholesterol, diabetes, hypertension, hip/waist ratio and obesity, now grouped into the Metabolic Syndrome. This condition has a high prevalence in commercial populations. Metabolic syndrome affects an estimated 47 million U.S. adults and is related to overweight/obesity, physical inactivity and genetic factors.

The Metabolic syndrome is characterized by a combination of three or more of five cardiac risk factors such as abdominal obesity (Hip-Waist Ratio), hypertension, high cholesterol or triglycerides and abnormally high blood sugar, which can greatly increase the risk of cardiovascular disease.

Metabolic syndrome is a precursor to future health problems such as heart disease, stroke, peripheral artery disease, diabetes and kidney disease. Employers can make a greater impact on overall health and medical spending by addressing the issues of high cholesterol, hypertension and obesity as one set of risk factors, leading to better overall health.

Heart Screen's goals are to prevent the negative health effects of obesity. Addressing the Metabolic Syndrome adds to an array of programs already offered by Heart Screen to promote wellness through prevention.

Call ☎ 631.842.1122 or Visit heartscreen.com for detailed program information