

# CARDIAC ONE RISK EVALUATION (CORE) PROGRAM



With the purpose of aiding in the management of the health of Colorado firefighters, the CORE program is designed as an affordable and mobile program intended for easy yet accurate **cardiovascular risk screening**. We are able to complete screening on location anywhere in Colorado. This program meets the requirements for the Colorado Firefighter Heart and Cancer Benefits Trust.

## Services Provided

- Cost is \$50 per member
- Minimum of 10 people are required for testing to make a trip for your site
- Travel expenses such as vehicle mileage and per diem charged at the state rate

- ☑ Resting 12-lead electrocardiogram (ECG)
- ☑ Fasting blood glucose
- ☑ Fasting lipid panel (cholesterol screening)
- ☑ Body Mass Index (BMI)
- ☑ Waist Circumference
- ☑ Skinfold measurements
- ☑ Resting blood pressure
- ☑ Review of history
- ☑ Review of smoking status
- ☑ Lifestyle counseling

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Now scheduling for 2020. Contact us before  
January 1, 2020 to guarantee a spot!



Please find more information  
about our programs and the Heart and Cancer  
Benefits Trust here:

[www.hes.chhs.colostate.edu/outreach/core](http://www.hes.chhs.colostate.edu/outreach/core)  
[www.hes.chhs.colostate.edu/outreach/fftp](http://www.hes.chhs.colostate.edu/outreach/fftp)  
[www.cfhtrust.com](http://www.cfhtrust.com)