



# PAD SYMPTOMS ASSESSMENT

SEEK MEDICAL ATTENTION SOON

## GOAL: SCHEDULING SCREENING FOR PAD AS SOON AS POSSIBLE



### RISK EXPLAINED

People in this category have reported at least 1 of the symptoms of PAD, which include:

- Only during exercise, experiencing fatigue, aching, cramping, numbness, or pain in buttocks or legs
- Sores that heal slowly, poorly, or not at all
- Lower temperature in one leg
- Color changes in the skin on the feet, including paleness or blueness
- Poor nail growth and decreased hair growth on toes and legs

### EXAMPLE PERSONA

Deborah is 50 years old. Her blood pressure, blood sugar, and cholesterol are outside of the recommended ranges even though she's taking medications to control them. She is under the care of a doctor to manage her type 2 diabetes.

Deborah recently started noticing that sores on her feet have been healing much more slowly lately. And her right leg hurts when she goes on walks, but the pain goes away when she rests.

She found this HRA by searching her symptoms and was alarmed to learn that these symptoms could be caused by PAD, which is a common complication of diabetes.

### CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

- Locating the nearest clinic for PAD screening.
- Heart and vascular services offered by your organization.

### PHONE CALL FOLLOW UP

Follow up with the user as soon as possible by phone call to:

- Schedule an appointment for PAD screening as soon as possible.
- Review the results report with them and explain their results.
- Enroll the user in a chronic care management program, if appropriate.

### FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- Possible complications of PAD.
- Signs and symptoms of vascular disease or other serious cardiovascular conditions.
- Who should see a vascular specialist, and why.
- The importance of staying in touch with primary care.

### PAD SCREENING WITH VASCULAR SPECIALIST OR PRIMARY CARE

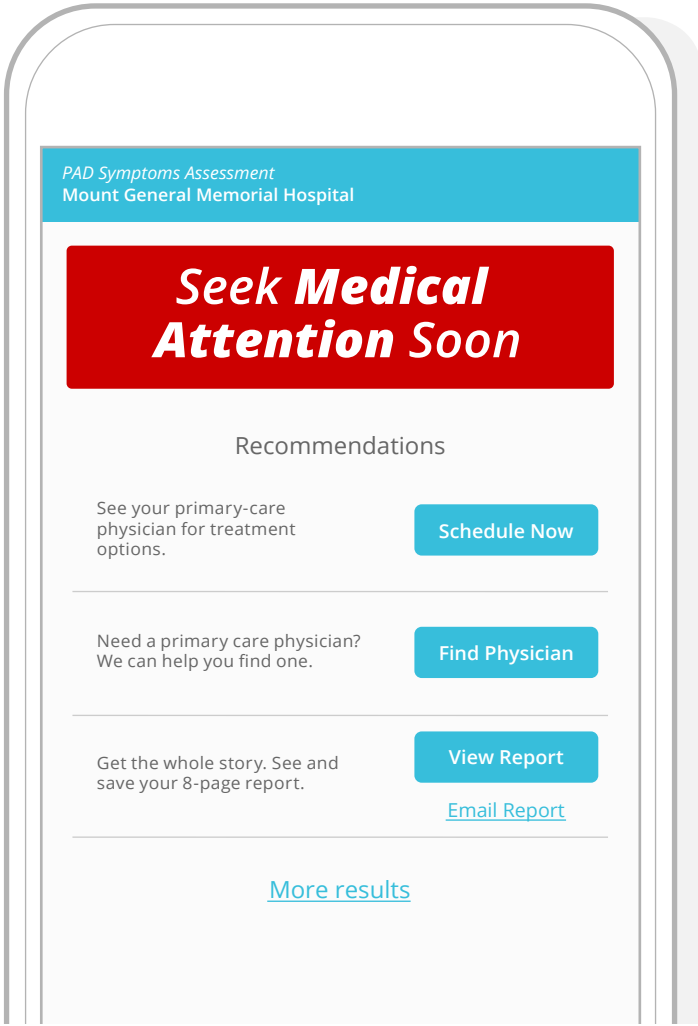
- Users with symptoms of PAD should see a vascular specialist for screening as soon as possible, regardless of other risk factors.
- Depending on their other risk factors or co-morbid conditions, users may be eligible for enrollment in a chronic care management program.

### OTHER CONSIDERATIONS

This group typically warrants more aggressive follow-up regardless of whether they have a primary care physician.

In addition to their current symptoms, these users may also have one or several other risk factors that contribute to their chances of developing PAD.

These risk factors may be lifestyle-related (obesity, ever smoking, high blood pressure, abnormal cholesterol, high blood sugar) or related to health history (age over 49, family history of PAD, increased CVD risk, certain medications).

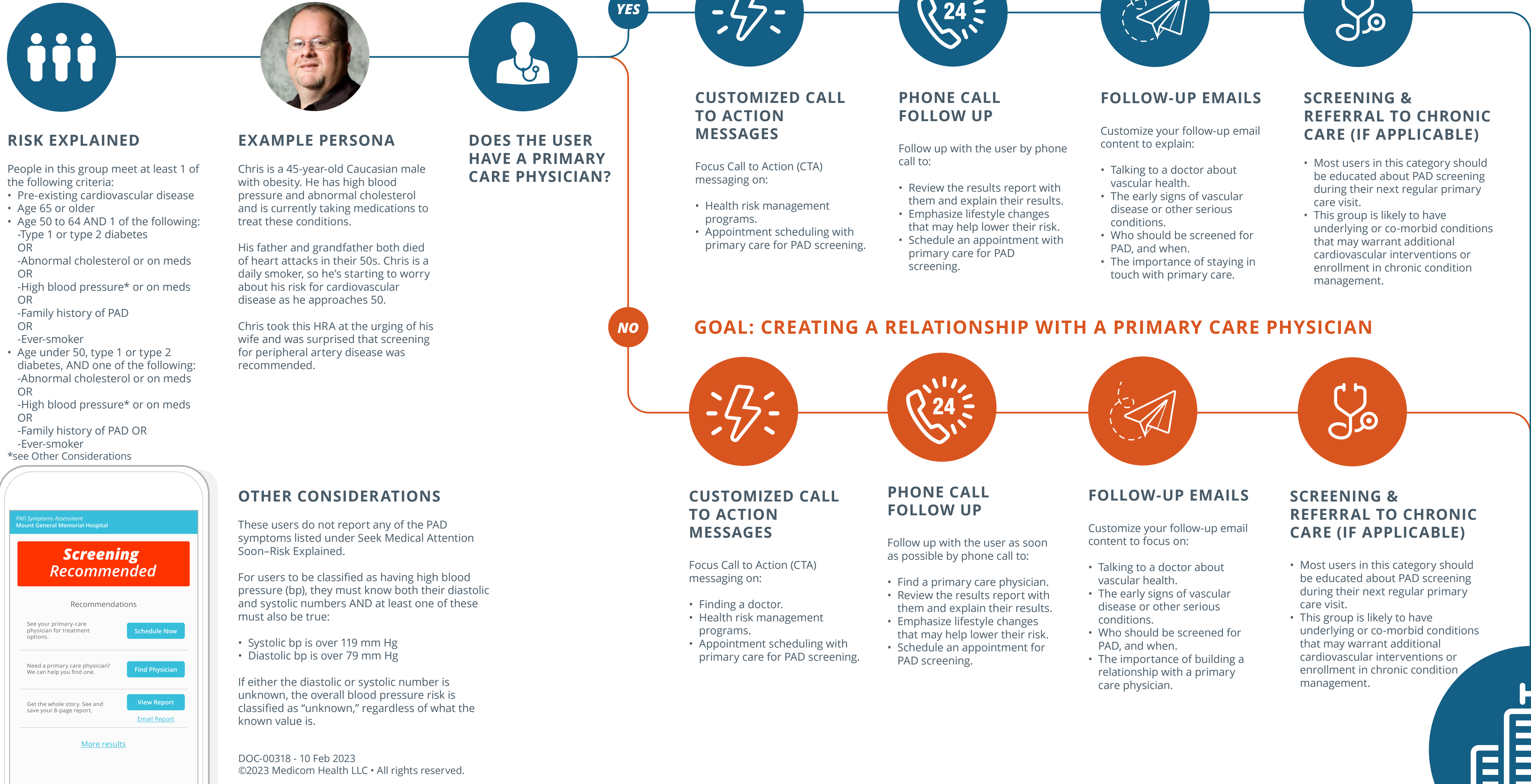




# PAD SYMPTOMS ASSESSMENT

SCREENING RECOMMENDED

## GOAL: DISCUSS PAD SCREENING DURING A REGULAR PRIMARY CARE VISIT







# PAD SYMPTOMS ASSESSMENT

NO SCREENING RECOMMENDED

## GOAL: EARLY INTERVENTION FOR LIFESTYLE-RELATED RISK FACTORS



### RISK EXPLAINED

People in this category do not meet the criteria for any other category. Based on their self-reported health history, they are not considered at increased risk for PAD.



### EXAMPLE PERSONA

Samara is a 47-year-old Hispanic woman. She is at a healthy weight, is a current smoker, and has moderately high blood pressure. She has no other relevant health history.

She has a family history of heart failure and stroke. That's why she has tried to quit smoking several times. But Samara was surprised to learn that smoking alone -even in the absence of all other risk factors- increases her risk of PAD.



### DOES THE USER HAVE A PRIMARY CARE PHYSICIAN?

YES



### CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

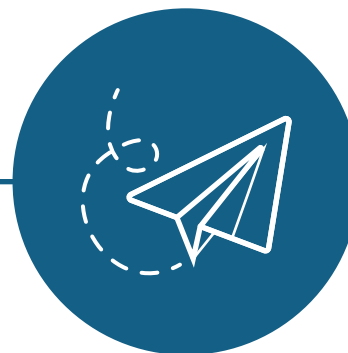
- Appointment scheduling.
- Health fairs and other events sponsored by your organization.
- Social media engagement or newsletter sign-ups.



### PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

- Review the results report with them and explain their results.
- Encourage them discuss ways to reduce their risk of vascular disease at their next primary care visit.
- Promote cardiovascular wellness programs available at your organization.



### FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- The importance of staying in touch with a primary care doctor.
- Lifestyle changes that can reduce the risk of vascular disease.
- Risk factors and symptoms of PAD.



### SCREENING FOR HEALTHY BEHAVIORS

- Users not recommended for screening should be educated about lifestyle-related risk factors for PAD during their next primary care visit.
- Some users may be eligible for health risk management programs or community wellness initiatives.

NO

## GOAL: CREATING A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN



### CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

- Finding a doctor.
- Appointment scheduling.
- Health fairs and other events by your organization.



### PHONE CALL FOLLOW UP

Follow up with the user by phone call to:

- Find a primary care physician and set up an appointment.
- Review the results report with them and explain their results.
- Promote cardiovascular wellness programs available at your organization.



### FOLLOW-UP EMAILS

Customize your follow-up email content to explain:

- The importance of building a relationship with a primary care physician.
- Lifestyle changes that can reduce the risk of vascular disease.
- Risk factors and symptoms of PAD.



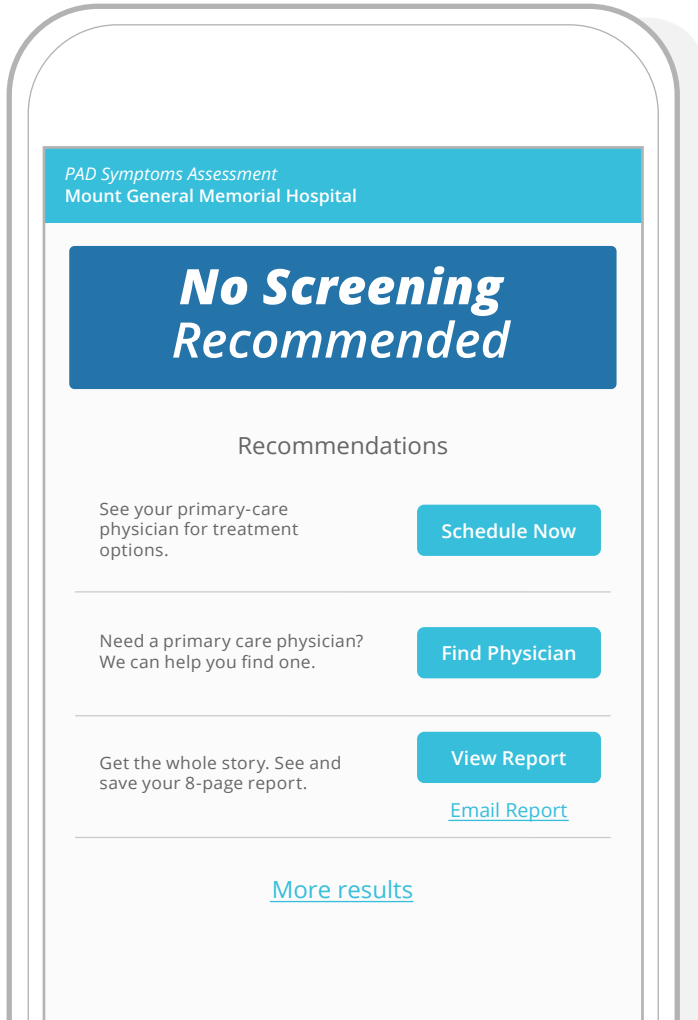
### SCREENING FOR HEALTHY BEHAVIORS

- Users not recommended for screening should be educated about lifestyle-related risk factors for PAD during their next primary care visit.
- Some users may be eligible for health risk management programs or community wellness initiatives.

### OTHER CONSIDERATIONS

These users may have individual risk factors that increase the risk of PAD, including: obesity, ever smoking, high blood pressure, high blood sugar (excluding users age 50 to 64), abnormal cholesterol, existing CVD, family history of PAD, or certain medications.

They do not report any of the PAD symptoms listed under *Seek Medical Attention Soon–Risk Explained*.





# PAD SYMPTOMS ASSESSMENT

MORE INFORMATION NEEDED

## GOAL: SCHEDULING A PRIMARY CARE VISIT FOR CHOLESTEROL AND BP SCREENING



### RISK EXPLAINED

People in this group did not meet the criteria for inclusion in the Screening Recommended category AND they did not know 1 or more of the following:

- Cholesterol range OR
- Systolic blood pressure OR
- Diastolic blood pressure OR
- Immediate family history of PAD

### EXAMPLE PERSONA

Carlos is a 39-year-old African American male. He hasn't been in for a routine physical in three years. He isn't convinced that he needs to see anyone because he thinks his health is great even though he's a daily smoker.

Carlos is interested in smoking cessation but doesn't know where to start. He's also curious about his risk for cardiovascular disease because his maternal grandfather died of a heart attack at age 62.

He doesn't know much about PAD but found this HRA when searching for information on his local hospital's website.

### CUSTOMIZED CALL TO ACTION MESSAGES

Focus Call to Action (CTA) messaging on:

- Appointment scheduling for blood pressure and cholesterol screening.
- Finding a doctor, if they don't already have one.

### PHONE CALL FOLLOW UP

Follow up by phone with the user to:

- Set up an appointment to get their blood pressure and cholesterol checked, if they do not already know them.
- Review the results report with them and explain their results.
- Encourage them to re-take the HRA after learning their blood pressure, cholesterol, and family history of PAD.

### FOLLOW-UP EMAILS

Customize your follow-up email content to focus on:

- Emphasizing "knowing your numbers" and your family health history for good vascular health.
- Early signs of vascular disease or other serious cardiovascular conditions.
- Encouraging them to stay in touch with a primary care physician.

### PRIMARY CARE VISIT

- Perform a blood pressure screening or cholesterol screening, if applicable.
- Prompt them to return to the HRA to reassess their risk after obtaining the necessary information.
- If the user cannot learn their family history of PAD, they should receive an alternate evaluation to determine an appropriate PAD screening schedule.

### OTHER CONSIDERATIONS

For these individuals, it is best to encourage them to learn this information and re-take the HRA. If they do not know their blood pressure or cholesterol numbers, encourage them to make an appointment to have these screenings completed. If they cannot obtain a family history, they should be referred to primary care for an alternate evaluation.

They do not report any of the PAD symptoms listed under *Seek Medical Attention Soon–Risk Explained*.

