

MBS

Heart Health Check

What is a Heart Health Check?

Heart Health Check is the patient-friendly term for comprehensive cardiovascular disease (CVD) risk assessment and ongoing management.

It principally involves gathering information about a patient's CVD risk factors, calculating and recording their absolute CVD risk using a validated calculator and managing their risk as per guidelines on an ongoing basis.

Who is Eligible for a Heart Health Check?

The heart health assessment item can be claimed once per patient in a 12-month period. The heart health assessment items cannot be claimed if a patient has had a health assessment service in the previous 12 months.

The intention of this item is to identify cardiovascular disease (CVD) in people not known to have CVD including:

- Aboriginal or Torres Strait Islander persons who are aged 30 years and above;
- Adults aged 45 years and above.

The absolute cardiovascular disease risk must be calculated as per the [Australian Absolute Cardiovascular Disease Risk Calculator](#).

What is Involved in a Heart Health Check?

Professional attendance for a heart health assessment by a general practitioner at consulting rooms lasting at least 20 minutes and must include:

- collection of relevant information, including taking a patient history that is aimed at identifying cardiovascular disease risk factors, including diabetes status, alcohol intake, smoking status and blood glucose;
- a physical examination, which must include recording of blood pressure and cholesterol status;
- initiating interventions and referrals to address the identified risk factors;
- implementing a management plan for appropriate treatment of identified risk factors;
- providing the patient with preventative health care advice and information, including modifiable lifestyle factors.

Claimable once only in a 12-month period. The heart health assessment item cannot be claimed if a patient has had a health assessment service (items 701, 703, 705, 707, 715) in the previous 12 months.

A general practitioner may use the National Vascular Disease Prevention Alliance [Australian Guidelines for the Management of Absolute Cardiovascular Disease Risk](#) or the NACCHO/RACGP [National Guide to a Preventative Assessment for Aboriginal and Torres Strait Islander People](#) to complete this assessment.

Who can provide Heart Health Check under the Medicare Benefits Schedule (MBS)?

A Heart Health Check should generally be undertaken by the patient's 'usual doctor'. The MBS defines 'usual doctor' as: "the general practitioner, or a general practitioner working in the medical practice, which has provided the majority of primary health care to the patient over the previous twelve months and/or will be providing the majority of care to the patient over the next twelve months."

MBS Heart Health Check Items

Item Number	Description	Fee*
699 (VR)	Professional attendance for a heart health assessment by a general practitioner at consulting rooms lasting at least 20 minutes	\$75.05
177 (Non-VR)	Professional attendance for a heart health assessment by a medical practitioner (other than a specialist or consultant physician) at consulting rooms lasting at least 20 minutes	\$60.05

Source: www.mbsonline.gov.au (July 2020) – refer to source for full item details including eligibility & restrictions.
*Rebate Paid at 100% of Scheduled Fee

Item 10990 or 10991 (bulk billing incentives) can be claimed in conjunction with any health assessment, provided the conditions of item.

Further information

Further information can be found via [MBSOnline \(Note AN.14.2\)](#)