

# 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	\$75.75
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	\$60.60

Source: [www.mbsonline.gov.au](http://www.mbsonline.gov.au) (July 2021) – 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 \(Note AN.14.2\)](#)