

Valley Health Virtual Health Fair

In-Person Screenings

Heart & Vascular Screenings

When: Saturday, March 20, 8 a.m. - 5 p.m.

Where: Winchester Medical Center Conference Center, 1840 Amherst Drive, Winchester, VA

Carotid Intima-Media Thickness Test (CIMT)

A measure used to diagnose the extent of carotid atherosclerotic vascular disease. The test measures the thickness of the inner two layers of the carotid artery - the intima and media - and alerts physicians to any thickening when patients are still asymptomatic.

12-lead EKG including Pocket EKG

An electrocardiogram (EKG) measures the electrical activity of the heart and is used to detect common heart problems in people of all ages. After completing this screening, you will receive a Pocket EKG®, a personal wallet-sized medical identification card that provides essential emergency information and cardiac history on one side, and your actual baseline EKG on the other.

Heart Attack Risk Program

The Heart Attack Risk Program can help you see where you stand on each of the key modifiable risk factors. Screenings are free and results are available while you wait. Participants are required to fast for 12 hours prior to testing.

The screening includes:

- Triglycerides
- Total Cholesterol
- Blood Sugar
- HDL Cholesterol
- Non-HDL Cholesterol
- LDL Cholesterol
- TC/HDL Ratio
- Bilateral Blood Pressure
- Weight/BMI/Waist Circumference
- Confidential Counseling with a Healthcare Professional

Heart Attack Risk Program Screening Dates and Locations:

Saturday, March 20, 8-11 a.m. - Woodstock, Virginia

Valley Health Wellness & Fitness | Woodstock, 1195 Hisey Avenue, Woodstock, VA

Monday, March 22, 8-11 a.m. - Martinsburg, West Virginia

Valley Health Urgent Care | Spring Mills, 120 Campus Drive, Suite 101, Martinsburg, WV

Tuesday, March 23, 8-11 a.m. - Ranson, West Virginia

Valley Health Urgent Care | Ranson, 100 Oak Lee Drive, Ranson, WV

Wednesday, March 24, 8-11 a.m. - Front Royal, Virginia

Warren Memorial Hospital Outpatient Center, 120 N. Commerce Avenue, Front Royal, VA

Thursday, March 25, 8-11 a.m. - Winchester, Virginia

Valley Health Wellness & Fitness Center, 401 Campus Boulevard, Winchester, VA

Friday, March 26, 8-11 a.m. - Romney, West Virginia

Hampshire Wellness & Fitness, 68 Heritage Circle, Romney, WV

Saturday, March 27, 8-11 a.m. - Winchester, Virginia

Valley Health Wellness & Fitness Center, 401 Campus Boulevard, Winchester, VA

Pre-registration 24 hours in advance is required. Please call [540-536-3050](tel:540-536-3050) to register.