

Cardiac Risk Profile FAQs

Cardiac Risk Profile (or CRP) is a great first step to reducing your risk for heart disease because it gives you a snapshot of your current heart health status.

What is a CRP?

A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

Where can I get my CRP?

You can get your CRP from your healthcare provider or, if you're a Federal employee, from the FOH Health Unit at your worksite, where available.

Why should I get a CRP?

A CRP is a logical first step to knowing your numbers and understanding what factors may be putting you at risk for heart disease. You may need to make simple lifestyle changes—like increasing your physical activity or changing your diet. If these changes aren't effective, your healthcare provider may suggest taking medication.

Can I use the CRP information when filling out my HRA?

Yes. The CRP and HRA go hand in hand. The information from the CRP is an essential part of your health risk appraisal (HRA). Plugging the information from the CRP into the HRA will give you a more complete picture of where you stand regarding your overall health. Plus, your complete evaluation will include an action plan based on your HRA results that outlines steps you can take to lessen health risks. So the information from your CRP and HRA give you more control over your own health.

How is my CRP information protected?

Your CRP results are protected under the Health Insurance Portability and Accountability Act (HIPAA). And, if you're a Federal employee and you

got your CRP at a worksite clinic, that information, and the information in your HRA, are protected by the Federal Privacy Act.

What happens after I take my CRP?

After you take your CRP, you can first discuss the results with your healthcare provider or, if you're a Federal employee, with the Health Unit nurse at your worksite, where available. Then you can use this information for your HRA.

Upon adding your CRP information and completing the other questions in your HRA, you will receive a summary report explaining your risk levels for each wellness category, as well as a wealth of tools and resources to take you even further on your path to good health.

Learn more at [FOH.hhs.gov/CRP](https://www.foh.hhs.gov/crp).

