

**Figure S1. Patient CDS Printout Example**

Can you improve your health? Yes, you can! Talk to your doctor about areas with the most  signs.

 **Cardiovascular (CV) Risk\***

 **Cancer Prevention**

10 Year danger of stroke / heart attack : 18.6%  
Lifetime danger of stroke / heart attack : 50%

Cancer screening due



Priority 1 TOBACCO

**Recommendations:**

- Smoking puts you at risk for many types of cancer as well as heart disease. You can greatly reduce your risk by quitting. For help, talk to your Primary Care Team, or call 1-844-403-7010 to speak with a tobacco counselor.



Priority 2 CANCER PREVENTION

**Important:**

- You are overdue for a mammogram.
- Colon cancer screening is recommended. Discuss options with your doctor.
- You may be a candidate for lung cancer screening with a low dose CT scan. Discuss the pros and cons with your doctor.
- Talk to your doctor about whether you are due for an HPV vaccine.
- Talk to your doctor about tests to screen for cancer of the cervix that you are due for.

**Recommendations:**

- Your chart shows that you are due for a Mammogram on \*\*-\*-2018
- Ask your doctor about doing a breast cancer risk assessment.
- Your chart shows that you are due for a Colonoscopy on \*\*-\*-2013



Priority 3 BLOOD SUGAR

**Recommendations:**

- Visit your provider frequently (monthly or more) to help you achieve your blood sugar goals.
- A urine protein test may be due to screen for kidney disease.
- Consider seeing a diabetes educator, dietitian, or pharmacist.



Priority 4 CHOLESTEROL

**Recommendations:**

- Talk to your doctor about starting a statin or increasing the dose of your current statin.
- Liver function testing may be recommended if cholesterol medication is being considered.



Priority 5 BLOOD PRESSURE

**Recommendations:**

- Continue to work on lifestyle improvements such as a DASH diet, lowering sodium, weight loss, physical activity, and limiting alcohol. Schedule a follow up clinic visit for BP recheck within 3 months.
- Checking your blood pressure at home can be helpful to guide future treatment decisions.



Priority 6 WEIGHT

### Recommendations:

- Being overweight or obese puts you at risk for many types of cancer as well as heart disease. You can reduce your risk by losing excess weight. Talk to your Primary Care Team, or contact Essentia Health at 1-844-663-1068, or [www.essentiahealth.org](http://www.essentiahealth.org) for nutrition services and counseling.
- If interested, you could discuss what bariatric surgery is with your provider.

### Other Information and Recommendations

#### ASPIRIN

- Aspirin is not recommended for primary prevention of stroke or heart attack based on low risk.
- You do not meet national guidelines for recommending aspirin for prevention of stroke or heart attack.

#### CHOLESTEROL

- Cholesterol testing may be due.

#### TOBACCO

- Congratulations on quitting smoking in the past. Talk to your clinician if you ever have the urge to relapse.

\* Estimated likelihood of having a stroke or heart attack in the next 10 years or 30 years (lifetime) using the ACC/AHA risk equations. © Copyright HealthPartners 2016-2018