



## ANS (Autonomic Nervous System) Testing

Your provider has determined that ANS (Autonomic Nervous System) Testing is part of the most effective treatment plan to achieve desired outcomes.

ANS Testing is a combination of three unique tests:

- Heart Rate Variability
- Pulse Wave Velocity
- Sudomotor Function

**ANS testing helps quantify your risk for the two most common causes of death in the US: Heart Attack and Stroke.** These tests look at independent predictors of cardiovascular risk, providing information that may not be available from previous tests you have done elsewhere.

**Why is my Behavioral Health Provider referring me for ANS testing?**

Over the last decade, evidence increased to show that **cardiovascular issues and mental health problems are linked.** If you have unresolved cardiovascular problems, they may be worsening your mental health challenges. **ANS testing provides your physician with information that may change the recommended treatment plan for you.** Additionally, ANS testing looks at mental stress indicators to see if your mental health is negatively affecting your heart health. **If you have an undiagnosed or uncontrolled heart issue, it may inhibit the ability of your mental health treatment to provide you with maximum benefit.**

If you decide to move forward with a treatment other than ANS (Autonomic Nervous System) Testing, bear in mind you are requesting to move forward with treatment that is proven to be less efficacious and less likely to provide the outcomes you want to achieve.

