



American Heart Association® | American Stroke Association®

*Learn and Live®*

# HeartHub.org

Turn to a source you can trust

With **HeartHub**<sup>™</sup>, the American Heart Association's comprehensive online education portal, you can access the latest heart and stroke information, tips and guidelines. Here you can:

- Use our interactive tools to understand your risk, track your blood pressure and get personalized treatment information;
- Stay informed with videos, animations, podcasts and the latest heart-health news;
- Find answers and advice from our science experts, quizzes or contact center; and
- Visit our multi-media library and interactive glossary for helpful definitions and illustrated explanations.

**Visit HeartHub.org today.**

HeartHub<sup>™</sup> has been honored with several prestigious Web awards



## Learn Your Score

### My Life Check<sup>™</sup> *Live Better With Life's Simple 7*

The American Heart Association's My Life Check empowers Americans to take a big step towards a better life. In just a few minutes, you can get your personal heart score and a custom plan with the 7 simple steps you need to start living your best life.

Visit [Heart.org/MyLifeCheck](http://Heart.org/MyLifeCheck) to start your new life resolution.



today could improve your health tomorrow.

Visit [Heart.org/WhatsYourRisk](http://Heart.org/WhatsYourRisk) to learn your odds of having a cardiovascular event.

## Learn Your Risk

Knowledge is power. By entering the results from today's screening, our risk assessment tools will provide you with valuable information on your risk of cardiovascular disease and the steps you can take to lower your risk. Try them now. What you learn

## Track Your Success

### Heart360<sup>™</sup>

Want to get heart healthy? Visit [Heart360.org](http://Heart360.org) for easy and comprehensive health tracking and management — compatible with Microsoft HealthVault.<sup>™</sup>

Here you can set your health goals, track your progress and connect directly with your healthcare provider.

Visit [Heart360.org](http://Heart360.org) and see how easy managing your heart health can be!





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Learn and Live

# My Life Check™

## Live Better With Life's Simple 7



It's never too late to make better choices for health, and we invite you to start a new life resolution. All you need is a goal, a plan and the desire to live better.

To find out where you stand with the simple seven, just take the My Life Check assessment. In a few minutes, you will know how you're doing with each one of life's simple seven; you will also get your own personal heart score and life plan.

Your results will include an action plan that is customized to your lifestyle and health outlook. Your last step is a promise: a resolution to make healthy, positive changes step-by-step, for a long, healthy future.

## Life's Simple 7™

SEVEN SIMPLE STEPS TO LIVE BETTER.

My Life Check was designed by the American Heart Association to improve health by educating the public on how best to live. Any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have — to live a long, productive, healthy life.



Get Active



Control Cholesterol



Eat Better



Manage Blood Pressure



Lose Weight



Reduce Blood Sugar



Stop Smoking

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