



Living 4myheart[®]

Cardio IQ[®] Testing



Benefit from the 4myheart program

When you enroll, you get access to the personalized support of a Clinical Educator, who can help you:

- Follow the treatment plan prescribed by your healthcare provider
- Learn about your tests and what the results mean
- Set lifestyle goals to help improve your heart health

Achieve a healthy lifestyle through 4myheart



Make healthy food choices

- Search over 100 heart-healthy recipes
- Find ways to make better choices, like eating locally grown produce
- Use online trackers to record your meals



Understand your medicine

- Learn why certain medications are needed
- Try to prevent unwanted side effects with helpful tips
- Set medication reminders



Stay active and social

- Create goals for daily activity
- Track your progress using an online tracker
- Connect with other people like you



Manage your stress

- Find out what causes stress in your life
- Learn positive ways to deal with stress differently
- Get support from friends and family



Make an Appointment

Our Clinical Educators can explain your Cardio IQ Tests and help you achieve the health and wellness goals that you have made with your healthcare provider.

Your appointment is scheduled for:

Date

Time

Notes

“My Clinical Educator was so positive and encouraging. Because of her confidence in me, I feel like, this time around, I can reach my goals!”

— Richard, a 4myheart patient

Enroll Today!



Visit **4myheart.com**
for more information

- Your Cardio IQ® Test results
- Heart-healthy recipes
- Tools to track diet and exercise
- Personal support from a Clinical Educator
- Videos and documents to learn more about heart health



Call **1.800.HEART.89**
(1.800.432.7889) to make
an appointment and get
more information about
4myheart.

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