

My Life Check[®] *and the Simple* Seven[™]

Women and men can also check their heart health by answering a simple set of questions developed by the American Heart Association. Called Life's Simple 7[™], these questions assess your risk for heart disease by these factors: physical activity, diet, weight, blood pressure, blood sugar, cholesterol, and smoking status.

A high score means you may have a low risk of heart disease. A low score might mean you're at risk for heart disease or stroke. The good news is that you can reduce your risk by changing your lifestyle in these areas.

Take the test at <http://mylifecheck.heart.org>.

