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
“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.