

KNOWLEDGE IS POWER: RESOURCES FOR A HEALTHY HEART

The **My Life Check**® is a health assessment and improvement tool that encourages you to take actions and form habits to improve your heart health.

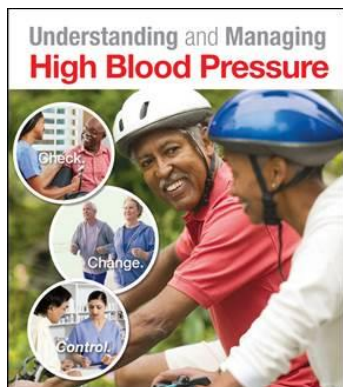
How it works: You complete an assessment, get a Heart Health Score with recommendations to make improvements, and track your progress. The tool works on desktop and mobile devices.



<http://millionhearts.toolsfortheheart.org/>

CLICK THE LINK ABOVE TO GET STARTED. If you can achieve an Excellent rating in all of the 7 areas, you will reach your “ideal” cardiovascular health.

This guide provides practical information on the risk factors, treatment and measurement of high blood pressure:



[Understanding High Blood Pressure](#)

Learn Your Target Goals for Heart Health:



[Know Your Numbers](#)
[Numbers That Count](#)

Quiz Yourself About Heart Health:



[Heart Health Quizzes](#)

Watch, Learn and Live. Here you'll find informative illustrations and animations about a variety of conditions, treatments and procedures related to heart disease and stroke:



<http://watchlearnlive.heart.org/>

STAYIN' ALIVE: You can help save a life. Check out this video to see Hands-Only CPR in action:



[Hands-Only CPR](#)