Assess Risk, Utilize Health Actions, and Monitor Heart Health Status

My Life Check Enhance is a science-based, digital health risk assessment tool that helps people gauge, improve and monitor their heart health status. The assessment is grounded in the evidence-based science of the American Heart Association’s Life’s Simple 7®, the seven most important predictors of heart health.

In just a few minutes, those taking the assessment receive:

- Personal Heart Health Score
- Personalized action plan
- Personalized health actions
- Personal dashboard to monitor progress over time

In a study of a large, ethnically diverse population of one employer, annual employer healthcare costs were on average $2,021 less for employees with at least 6 ideal Life’s Simple 7 metrics compared to those employees with 2 or fewer ideal LS7 metrics. (Osondu et. al., 2017)
Features
My Life Check Enhance includes easy to use, effective features to empower people to take control of their health. With just 5 interactive assessment screens and a completion time of around 4 minutes, My Life Check Enhance keeps it simple, but is highly effective because the focus stays on Life’s Simple 7 measures.

Calculates Heart Health Score based on the most recent scientific research. As the research evolves and science changes, the tool is updated.

Focused on promoting optimal cardiovascular health, which also reduces risk of diabetes, cancer, stress, and depression.

Shares AHA’s educational content on Life’s Simple 7® including videos and educational infographics.

Suggests over 30 health actions on small, consistent steps to take to achieve ideal heart health, based on Life’s Simple 7 measures.

Benefits
The American Heart Association is a trusted health organization. My Life Check Enhance delivers science-based recommendations and health actions to promote optimal cardiovascular health.

Maintaining ideal levels for at least 5 of Life’s Simple 7 measures cuts risk of heart-related death by more than 50%. (Ford et. al., 2011)

60% of employees are willing to share personal health information with a non-profit for health purposes. Only 35% of employees are comfortable sharing such data directly with their employer.

The AHA creates a trusted platform.

(Nielsen Employee Health Survey, 2016)

72% of consumers are emotionally connected with (love or like) the American Heart Association. (EquiTrend Brand Tracker, 2016)