



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Heart & Stroke Helper™ App

The American Stroke Association is excited to launch the **Heart & Stroke Helper** — a self management app for people with stroke or their caregivers:

- Track progress on lifestyle habits
- Track health numbers
- Manage medications
- Receive trusted information about stroke
- Connect with others for inspiration

With these features, the **Heart & Stroke Helper** is a tool for patients to better manage their health all in one place.

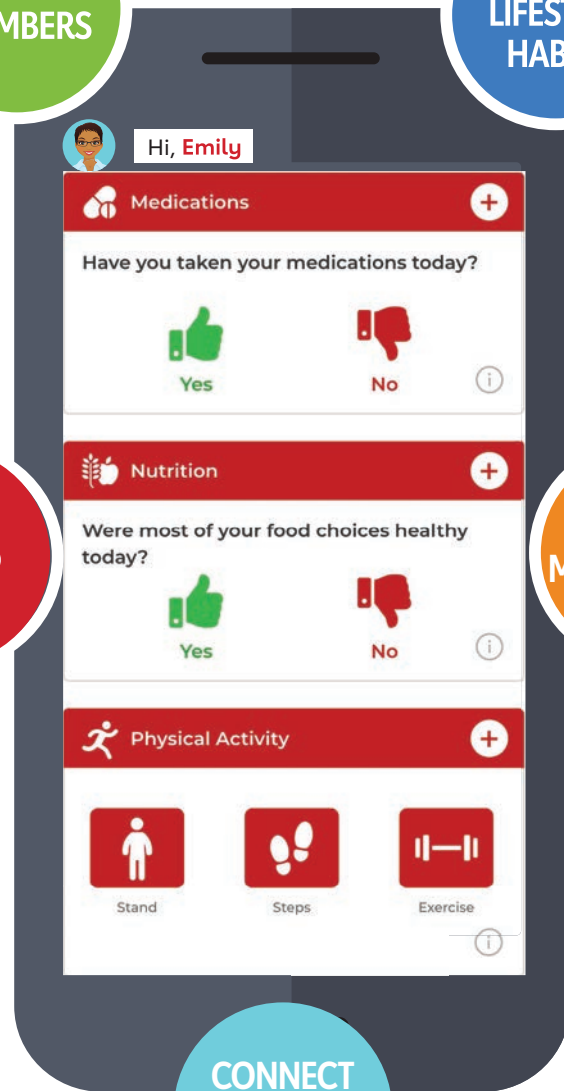
Scan to download or visit
stroke.org/StrokeHelper



For more information email
helperapp@heart.org

TRACK
NUMBERS

TRACK
LIFESTYLE
HABITS



RECEIVE
TRUSTED
INFO

MANAGE
MEDICATIONS

CONNECT
WITH
OTHERS

HCA  **Healthcare**®
FOUNDATION

The HCA Healthcare Foundation
is a national supporter of
Together to End Stroke®.