



NEWS RELEASE

For Immediate Release

\$2,500 Prize Available to Winner of American Heart Association's "Real People. Real Change." Program, Presented By UnitedHealthcare

Nominations open through June 30 for program that rewards lifestyle changes, inspires others

INDIANAPOLIS (May 14, 2019) – The American Heart Association (AHA) is seeking nominations for the sixth annual "Real People. Real Change." program, presented by UnitedHealthcare. One overall winner will receive \$2,500 while three additional finalists will each receive \$500.

The program is open to Indiana residents who have made positive changes to lead a more heart-healthy lifestyle. Nominations will be accepted through June 30 via the website www.heart.org/indyrealchange.

Applicants will be evaluated on changes they have made related to the AHA's Life's Simple 7 – losing weight, eating better, getting more active, managing blood pressure, controlling cholesterol, reducing blood sugar and quitting smoking.

A panel of past winners will select four finalists in July. The overall winner will be determined via voting on social media in August. The winners will be publicly introduced at the Indianapolis Heart Walk on Sept. 21.

"Heart disease is the leading cause of death in Indiana, but studies show that up to 80 percent of heart disease and stroke is preventable by making healthy lifestyle choices," said Dr. Marc Gerdisch, president of the AHA's Indianapolis board of directors. "The American Heart Association wants to encourage and recognize individuals who are taking the steps to lead healthier lives."

According to United Health Foundation's America's Health Rankings 2018 Annual Report, Indiana has a high rate of cardiovascular deaths – nearly 280 cardiovascular deaths per 100,000 people, compared to the national average of about 198.

"'Real People. Real Change.' inspires Hoosiers to take charge of their health and the wellness of their families, friends and communities," said Dan Krajnovich, CEO of UnitedHealthcare of Indiana. "UnitedHealthcare is grateful for the opportunity to honor those who are sharing their successes through this program and inspiring others in Indiana to live healthier lives."

Complete program details about "Real People. Real Change." can be found at www.heart.org/indyrealchange.

About the American Heart Association

The American Heart Association is a leading force for a world of longer, healthier lives. With nearly a century of lifesaving work, the Dallas-based association is dedicated to ensuring equitable health for all. We are a trustworthy source empowering people to improve their heart health, brain health and well-being. We collaborate with numerous organizations and millions of volunteers to fund innovative research, advocate for stronger public health policies, and share lifesaving resources and information. Connect with us on heart.org, [Facebook](#), [Twitter](#) or by calling 1-800-AHA-USA1.

About UnitedHealthcare

UnitedHealthcare is dedicated to helping people nationwide live healthier lives by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. The company offers the full spectrum of health benefit programs for individuals, employers, military service members, retirees and their families, and Medicare and Medicaid beneficiaries, and contracts directly with 1 million physicians and care professionals, and 6,000 hospitals and other care facilities nationwide. UnitedHealthcare is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company. For more information, visit UnitedHealthcare at www.uhc.com or follow @UHC on Twitter.

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