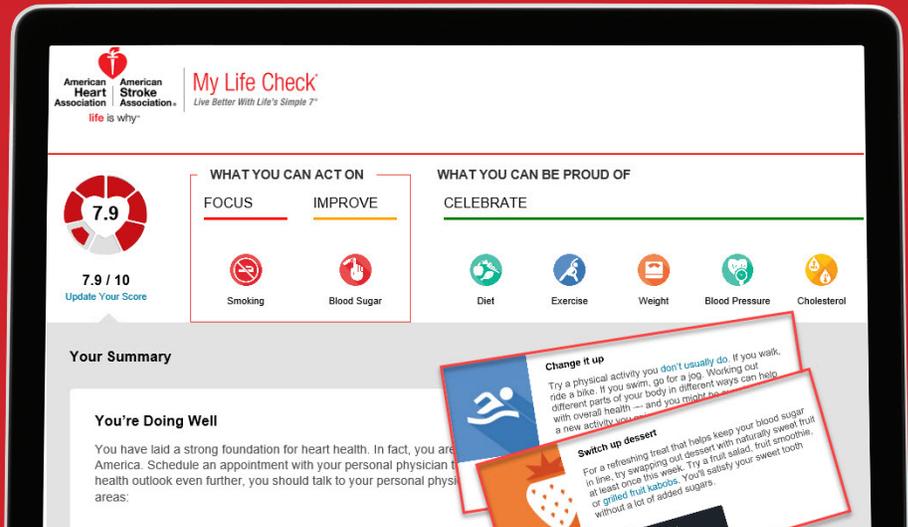


# My Life Check Enhance



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

## 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-informed science of the American Heart Association's **Life's Simple 7®**, the seven most important predictors of heart health.



Stop Smoking



Eat Better



Get Active



Lose Weight



Manage Blood Pressure



Control Cholesterol



Reduce Blood Sugar

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 Life's Simple 7 metrics.

Osondu et. al., 2017

### Working toward ideal heart health improves

- ✓ Overall Health
- ✓ Productivity
- ✓ Cognitive Function
- ✓ Quality of Life
- ✓ Longevity

### It is also associated with lower risk for

- ✓ Heart Disease
- ✓ Cancer
- ✓ Depression
- ✓ Stroke
- ✓ Diabetes



## 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.



**Designed for employees and their adult dependents**, to lead them through the discovery of their Heart Health Score and recommend small changes that can improve overall health.



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



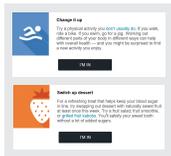
**Allows participants to track their progress** as they adopt new health habits and update their Heart Health Score.



**Provides educational content for Life's Simple 7** including videos and educational infographics.



**Hosted on a secure, HIPAA-compliant data platform.** Employers can only view aggregate, de-identified health information.



**Suggests over 30 health actions** Simple, small steps that help participants work toward improved health, based on the powerful science of Life's Simple 7.



**Employer reporting** to compare corporate vs. divisions vs. geographic locations, and ability to segment reporting by employee vs. adult dependent.

## 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., 2012)



**60% of employees** are willing to share personal health information with a nonprofit for health purposes. Only **35% of employees** are comfortable sharing such data directly with their employers.

**The American Heart Association 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)