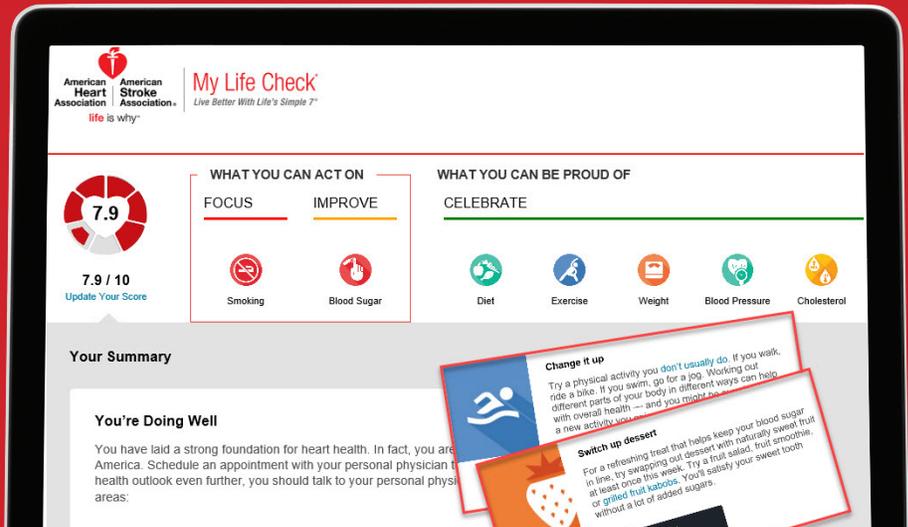


My Life Check Enhance



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.



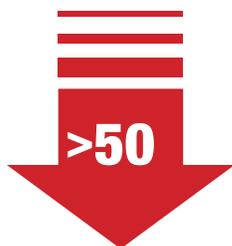
Suggests over 30 health actions Simple, small steps that help participants work toward improved health, based on the powerful science of Life's Simple 7.



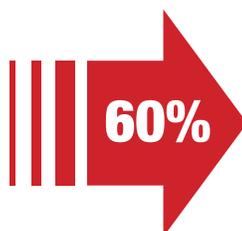
Employer reporting to compare corporate vs. divisions vs. geographic locations, and ability to segment reporting by employee vs. adult dependent.

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)