



American Heart Association
Cardiovascular-Kidney-Metabolic
Health Initiative™

YOUR HEALTH IS CONNECTED.

FOUR DIFFERENT SYSTEMS. ONE HEALTHY YOU.

Your heart, kidneys, metabolic health (body's use of energy), and brain all work together like a team. Every organ and system in your body has a special role. When you get healthier, your entire body benefits. But when one system is unhealthy, it makes the rest work that much harder. By taking care of each of these organs and systems, you can lower your risk of heart disease, stroke and heart failure.

Learn below why it is important to keep each system healthy.

HEART



- Lowers risk of heart disease, heart attack, stroke and heart failure
- Lowers strain on your kidneys
- Keeps your blood vessels strong and healthy

KIDNEYS



- Lower risk of heart disease
- Helps your heart work more easily
- Improves blood-cleaning power

METABOLIC HEALTH



- Lowers risk of chronic diseases like high blood pressure, diabetes or kidney disease
- Helps your heart and kidneys work more easily
- Helps your body's cells stay healthy and work the way they should

BRAIN



- Helps your brain stay sharp and focused with clear thinking, memory and concentration
- Help protect your brain by lowering the risk of stroke
- Promotes emotional well-being



Protect One. Support All. Act Now for Better Cardiovascular-Kidney-Metabolic Health.

When you take care of one part of your health, you make things easier on the rest.

42%

of U.S. adults live with at least two chronic conditions like high blood pressure, abnormal cholesterol, or diabetes.¹

Find healthy tips on the next page. ►



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8 ESSENTIALS TO BOOST YOUR HEALTH.

Follow these daily habits to make every system even stronger together.



READY TO CONNECT WITH A HEALTHIER YOU?

Take the First Step:

www.heart.org/myCKMhealth

Be sure to talk to your care team and ask questions when needed.



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