

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-based 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

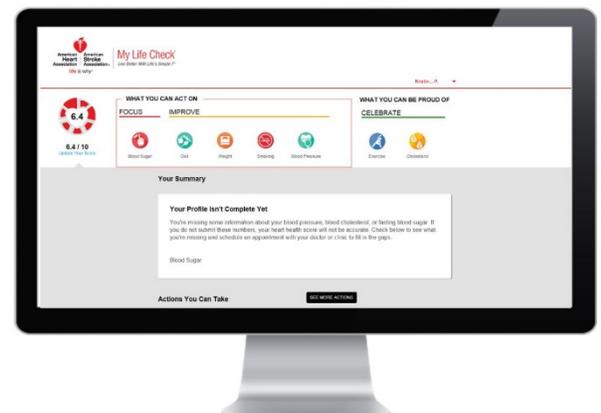


Reduce Blood Sugar

500+ Employee Workforce

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



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 LS7 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 to improve overall health.



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



Allows users to track their progress as they update their Heart Health Score and adopt new health actions.



Shares AHA's educational content on 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 on small, consistent steps to take to achieve ideal heart health, based on Life's Simple 7 measures.



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., 2011)



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

The AHA 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)