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.

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
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.
- **Focuses on promoting optimal cardiovascular health**, which also reduces risk of diabetes, cancer, stress, and depression.
- **Provides educational content for Life’s Simple 7** including videos and educational infographics.
- **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.
- **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.
- **Allows participants to track their progress** as they adopt new health habits and update their Heart Health Score.
- **Hosted on a secure, HIPAA-compliant data platform.** Employers can only view aggregate, de-identified health information.
- **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.
- **72% of consumers** are emotionally connected with (love or like) the American Heart Association. (EquiTrend Brand Tracker, 2016)