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 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

Being in optimal heart health can improve:
✓ Overall Health
✓ Productivity
✓ Cognitive Function

Higher scores for Life's Simple 7 have been associated with lower risk for:
✓ Heart Disease
✓ Cancer
✓ Depression

Email whs@heart.org or call 888-242-4503 heart.org/workplacehealth
My Life Check Enhance is an easy 4-minute assessment that allows individuals to assess their heart health and take small, simple steps that can result in real improvements.

**Calculates Heart Health Score**
based on the most recent scientific research. As the research evolves, the tool is updated.

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

**Provides easy-to-understand education for Life’s Simple 7**
including videos and infographics.

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

**Designed to lead individuals**
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. Employer reporting is accessible anytime.

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**Knowing Your Numbers: The Critical Place to Start**

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- **Life’s Simple 7 health behaviors** represent 7 out of the top 10 most costly risk factors for employers, and comprise 20-30% of companies’ annual healthcare expenditures.

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