

What's Your Heart Score?

Many things in your daily life impact your health. This can include money problems, housing concerns, and access to transportation, food and child care. If you can't get to medical appointments, you may not receive the care you need to address all of the components of Life's Essential 8™. When money is tight, it also may be difficult to pay for medicines. And living far from a grocery store can make it hard to buy healthy food.

If you have concerns in any of these or other areas, talk with your health care team or a trusted community leader. They may know of local resources to assist you. Or they may have a staff person who can help.

You can learn where you stand with Life's Essential 8 in a few minutes. To get your personal heart score and a custom plan with the eight steps you need to start living your best life, visit **heart.org/MyLifeCheck**.

Remember, you can stop heart disease before it even starts. Start small and keep it simple. Make one change today and then you're ready to make another. Before you know it, making life choices that benefit your heart will be a healthy habit.