

HEART HEALTH



NEARLY THIRTY MILLION AMERICANS HAVE BEEN DIAGNOSED WITH HEART DISEASE.

IF YOU'RE AMONG THEM, YOU MAY BE GLAD TO LEARN THE AMERICAN HEART ASSOCIATION HAS A HIGH-TECH WAY TO HELP.

IT DEVELOPED A FREE MOBILE APP CALLED MY CARDIAC COACH. IT GIVES ACCESS TO EXPERT INFORMATION; INTERACTIVE LESSONS INCLUDING HOW TO ASK YOUR DOCTOR ABOUT NUTRITION, EXERCISE AND MEDICATION; WAYS TO TRACK BLOOD PRESSURE, WEIGHT AND CHOLESTEROL; TOOLS FOR LOGGING EXERCISE AND MANAGING MEDICINE; AND CONNECTIONS TO OTHER SURVIVORS.

LEARN MORE AT HEART--DOT--ORG--SLASH--MY-CARDIAC-COACH.