



love your heart



Every minute cardiovascular disease kills a woman. Mothers. Sisters. Daughters. It's women's No. 1 cause of death.

HOW HEALTHY IS YOUR HEART? FIND OUT TODAY.

You can reduce your risk of heart disease. The first step is to take the American Heart Association's Go Red Heart CheckUp.

IT JUST TAKES A FEW MINUTES AND A FEW CLICKS.

The Go Red Heart CheckUp is a free online assessment tool to help you take charge of your own heart health. Just go to goredforwomen.org and enter your information.*

GET A FREE REPORT JUST FOR YOU.

In just minutes, you'll get an easy-to-read report that gives your risk of having a heart attack or dying from coronary heart disease within 10 years.

The report identifies risk factors that can be changed and provides you with a personalized action plan.

READ IT. DISCUSS IT. GET MORE INFO.

You can print out the report and discuss it with your healthcare provider at your next appointment.

To learn more about lowering your risk, call 1-800-AHA-USA1 or visit goredforwomen.org.

NOW SHARE WHAT YOU KNOW AND HELP OTHER WOMEN.

As you take care of yourself, tell other women about their risk of heart disease. With Go Red you can raise awareness, help save lives — and change the world.

my go red heart checkup numbers

Take this form to your next doctor's visit and fill in the blanks:

- Total Cholesterol _____
- LDL ("Bad") Cholesterol _____
- HDL ("Good") Cholesterol _____
- Triglycerides _____
- Blood Pressure _____ / _____
- Fasting Glucose _____
- Height (feet/inches) _____
- Weight (pounds) _____
- Waist (inches) _____



Use these numbers as you complete the Go Red For Women Heart CheckUp at goredforwomen.org.