



*My Heart. My Life.*

## Wellness & Health Resources for Your Company/Organization

- **My Life Check.** Take this short heart health assessment and get your heart score relating to your habits of exercise, nutrition, tobacco use, blood pressure, cholesterol and blood sugar. Receive immediate feedback and access to more information to help address areas that need improvement. Then receive periodic e-mails from the American Heart Association to check your progress. This is a great alternative or complement to expensive health risk assessments. It also makes it easy to spread the benefits to family members. [www.mylifecheck.org](http://www.mylifecheck.org).
- **Start Walking Now.** This is the hub of our Start! Walking program online. This site includes the ability to create, save and view walking paths in your local area, track your total number of steps (as an individual or as an anonymous employee within a registered company), keep a record of your meals, to connect with other walkers in your area or across the county and more. [www.startwalkingnow.org](http://www.startwalkingnow.org). **Get the [Mobile App!](#)**
- **Go Red For Women @ BetterU!** Go Red BetterU is a FREE 12-week online nutrition and fitness program that can makeover your heart. Each week will focus on a different area of your health and provide step-by-step guidance. You'll have access to everything from daily expert tips to an online journal. You can also take the Go Red Health Check-up. <http://www.goredforwomen.org/betteru>
- **Fit Friendly Worksite.** Get your employee wellness programs the recognition they deserve by applying to be a Fit Friendly Worksite. You'll gain access to even more health resources and receive recognition in national publications likes Forbes or Fortune. <http://ffc.heart.org/>
- **CPR Training.** **Get the [Mobile App!](#)** CPR saves lives, tripling the chance of survival for an out-of-hospital heart attack victim. Training is crucial to saving lives and the American Heart Association's mission. Unfortunately, training can be expensive and time consuming. Use our low-cost online training site to learn the technique and then only schedule/pay for a shorter observation session with a trainer. [www.onlineaha.org](http://www.onlineaha.org)

Or try our non-certifying CPR Anytime program that allows you to master the skill at home and share with friends and family. Also available for Infant CPR. [www.cpranytime.org](http://www.cpranytime.org)

- **Grocery List Builder.** Grocery stores are often overwhelming with their plethora of choices for every product you might need. Get the hard part done ahead of time and plan a healthy (and affordable) menu by using our online Grocery List Builder <http://checkmark.heart.org>. **Also available on your [mobile phone!](#)**
- **Cardiovascular Libraries.** Newly diagnosed patients and their families often struggle with understanding exactly what the diagnosis means. [www.heart.org/answersbyheart](http://www.heart.org/answersbyheart). Visual graphics are available too in the American Heart Association's [online illustration libraries](#) can help explain complex conditions and ailments fostering understanding and relieving worry.
- **Guideline Advantage.** Working the American Cancer Society and the American Diabetes Association, the American Heart Association is bringing our life-saving research on hospital procedures and protocols to outpatient settings. Participating clinics can (At no cost) improve outcomes, contribute to life-saving knowledge and research, and even receive recognition or financial incentives. [www.guidelineadvantage.org](http://www.guidelineadvantage.org)
- **Heart.org.** Even more recipes, healthy newsletters, fact sheets, stress management tips, activities for kids, etc! [www.heart.org](http://www.heart.org)