



To join the Check. Change. Control. program,
please visit our website –

– to register as a participant and/or become a
Volunteer Health Mentor.

To learn more about the Check. Change.
Control. program, please contact

AHA Mission Statement

“To build healthier lives free of cardiovascular
disease and stroke.”

Call 9-1-1 RIGHT AWAY

If you see these symptoms!

Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath along with or before chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.



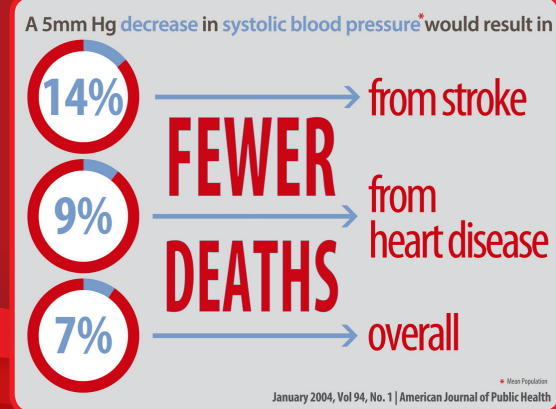
Heart360

OVERVIEW

The American Heart Association's work to improve cardiovascular health in high-risk populations continues with a new initiative, **Check. Change. Control.**[™] This program focuses on increasing physical activity, healthier eating, and better management of high blood pressure through education, tracking, and health mentors who encourage participants to check their blood pressure readings.

OBJECTIVE

Enroll participants in the Heart360[®] – **Check. Change. Control.** program and provide FREE blood pressure checks twice a month for four consecutive months along with additional tools and resources that will assist in lowering risks of heart disease and stroke.



Using Heart360

Heart360 is a convenient and secure location for you to track and manage your heart health. Record your health data with the online trackers, access additional information and resources on how to be heart healthy, and even share results with your provider or volunteer.



So how does Heart360 and Check. Change. Control. program work?

The Check. Change. Control. program has three main components:

- Participants
- Screening partners
- Volunteer Health Mentors

What to Expect

The Check. Change. Control. participant will receive bi-monthly blood pressure checks and be responsible for entering results in the Heart360 – Check. Change. Control. website: www.heart360.org/YouAreThePower

Blood Pressure Checks

The American Heart Association will partner with local organizations to provide blood pressure checks and health information twice per month at participating sites.

Volunteer Health Mentor

Check. Change. Control. participants will have an option to receive a Volunteer Health Mentor who will communicate directly with each participant facilitating their success in the program.