



Heart Health Program



The heart health program provides members with information to help them understand the factors that affect heart health, such as blood pressure, cholesterol, nutrition and exercise. This information can also assist members in making lifestyle changes that can reduce heart-related risks.

Program features include:

- Coronary Artery Tool: Shows what the heart looks like in a healthy coronary, angina and a heart attack
- Heart Attack Risk Calculator: Calculates users' chances of suffering from a heart attack in the next 10 years given their age, gender, smoking status, total cholesterol, systolic blood pressure and if they are on blood pressure medication
- Heart Disease Tool: Displays cross sectional diagrams of a healthy heart, hypertension and a heart attack
- Resting Heart Rate Calculator: Calculates resting heart rate
- Salty Food Tool: Shows the amount of salt in common food items (small bag of potato chips, serving of corned beef)
- Signs of a Heart Attack: Displays the signs of a heart attack
- Target Heart Rate Calculator: Calculates target heart rate
- Heart Action Plan: Helps users plan for a heart-related emergency