

My Heart Health Description



My Heart Health PC is a computerized health assessment program designed for use in health screening and wellness programs to help people become aware of any coronary risk factors they may have and how to improve their heart health.

The questionnaire is only 1 page long. It can be completed in 3-5 minutes, entered into the computer and a report printed within 60 seconds making it quick and easy to use.

Health statistics are saved so you can make group reports to see how the whole group is doing – what percent are exercising, eating well, overweight, or have high cholesterol.

Heart Health Questionnaire Topics

1. Height, weight, BMI, waist circumference
2. Family and personal health history
3. Physical activity
4. Smoking
5. Red meat intake
6. Nuts, seeds, legumes
7. Whole grains
8. Salt/sodium
9. High saturated fat foods
10. Soft drinks and sweets
11. Stress
12. Blood pressure
13. Total cholesterol
14. HDL cholesterol
15. Blood glucose



Health Screening Tests

This program provides a variety of health screening tests that are recommended for assessing risk of heart disease and stroke.

- Blood pressure
- Waist circumference
- Blood tests for cholesterol, HDL chol., and glucose

Reports Includes:

- An overall **Heart Health Score** showing how many of 7 key factors linked to heart health and stroke each person meets.
- A **Probability of a Heart Attack or Stroke** report showing both absolute risk (probability of CVD in the next 10 years), and relative risk (the person's risk compared to average and ideal risk).

- A summary of all **Health Tests** completed showing their results and recommended values or goals.
- Personalized **Lifestyle Recommendations** showing how to make improvements where needed. All items needing improvement are flagged for easy identification.
- A **Group Statistical Summary** showing how well the whole group is doing on all heart health questions and health tests.
- An **Educational Guide** is provided with the report giving additional guidelines for developing a heart healthy lifestyle.

Power Point Presentations

Power Point presentations are included for use in a follow-up education program. The slides show the research on each heart health factor and give practical guidelines to help people make needed changes for preventing heart disease and strokes.



Additional Resources Available

- Blood pressure testing equipment for health screening
- Body composition testing equipment for BMI

Required Equipment

A **PC computer**. A laptop PC allows the program to be portable and used onsite. The program was designed to run on **Windows 8**. It also works on Windows 7 if you keep up with online updates. Any **PC compatible printer**. The report is designed for color, but also works well in black and white.

Recommended Uses

- Health fairs
- Employee wellness programs
- Fitness/wellness centers
- Community wellness programs
- Health ministry outreach programs
- Doctor's offices
- Pharmacies

For More Information or to Order

Call 503-557-9538, email Kathryn.MyLLH@gmail.com or visit the LifeLong Health website. www.MyLLH.org