Living 4myheart®
A comprehensive, personalized approach to improving heart health
Uncovering hidden risk—and helping patients take action to improve their heart health

Heart disease continues to be the leading cause of death in the US. While the risk remains high, cardiovascular risk assessment has expanded beyond lipid values to include lipoprotein and apolipoprotein risk factors and inflammatory and metabolic markers. Advanced cardiovascular testing can help you identify your patients’ hidden risks, while the use of coaching programs can help to slow down or prevent the progression of heart disease.

Offering patient support through 4myheart

As part of our advanced testing solutions, we offer the 4myheart personalized patient program. 4myheart combines cardiovascular risk insights with a personalized approach, allowing you to address each patient’s unique needs.

Patients who’ve received advanced cardiovascular testing can participate in the 4myheart program to:

- Review test results
- Communicate with a clinical educator
- Create a personalized plan for improvement
- Access educational resources and recipes

4myheart is a key component of our Cardiometabolic Center for Excellence, which is dedicated to improving the screening, diagnosis, and treatment of cardiometabolic disorders.
A comprehensive, personalized program

The comprehensive 4myheart program combines cardiovascular risk insights with personalized services, including:

- **A baseline risk assessment**
  Genetic testing and advanced diagnostics help characterize risk

- **Guided therapy**
  Our clinical educators can help create a personalized plan to improve heart health

- **Continued monitoring**
  Track a patient’s progress through test results and their use of 4myheart.com

- **Personal support**
  Clinical educators provide guidance related to treatment plans, food choices, fitness goals, medication adherence, and coping with stress

- **Optional additional services**
  More sessions with the clinical educator and access to Cleveland Clinic’s programs

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**Getting started with 4myheart**

Enrolling your patients in the program is simple:

1. Complete a one-time enrollment form to allow program access to patients who have received Quest Diagnostics or Cleveland HeartLab advanced cardiovascular testing

2. For access, patients call **1.800.432.7889** to schedule a complimentary 45-minute consultation with a clinical educator

3. The clinical educator will review test results, discuss an improvement plan, and provide an overview of additional services

**Additional services through Cleveland Clinic**

- Access to Cleveland Clinic’s complimentary 6-week Go! Wellness Programs
- Discounted rates for Cleveland Clinic’s online eCoaching program
Committed to helping you and your patients identify and minimize cardiovascular risk

Through our Cardiometabolic Center of Excellence we provide a comprehensive approach including:

- Advanced lipid testing
- Advanced inflammatory marker testing
- Cardiogenetic testing
- Metabolic testing
- Heart failure testing
- 4myheart program

To learn more about our approach to cardiovascular disease management, please contact your sales representative or visit 4myheart.com.

Reference

QuestDiagnostics.com
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