

# 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.<sup>1</sup> 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
- Create a personalized plan for improvement
- Communicate with a clinical educator
- 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

## 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

1. Benjamin EJ, Virani SS, Callaway CW, et al. On behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics 2018 update: a report from the American Heart Association. *Circulation*. DOI: 10.1161/CIR.0000000000000558.

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