

**Heart HRA** 

Date: 08-14-2024

## Your Cardiovascular Risk

**Moderate** 

Your Heart Age

41 years (7 years older)

# Based on your Heart Age and Risk Factors below, your near-term risk for cardiovascular disease is Moderate.

Ask a doctor what you can do to lower your risk.

- Your Heart Age is older than your current age. This indicates that certain risk factors put you at higher CVD risk than others of your same age.
- Be aware of your High and/or Moderate risk factors, especially those risk factors you can change.
- Discuss this report with your healthcare provider or heart specialist. Ask when you are due to have your tests and numbers updated and be aware of the results.

# **View Your Risk Factors**

Open any Risk Factor below to learn more about your risk and what you can change.

Age & Sex Low Risk ✓

## Age & Sex

34 years (male) **Low Risk** 

Age is a risk factor for cardiovascular disease. Risk starts increasing at age 45 for men and age 55 for women.

Blood Pressure Low Risk ✓

## **Systolic Blood Pressure**

Current

Less than 120 mm Hg

Low Risk

Recommended Goal

Low Risk

Your personal blood pressure goal should be determined by your doctor based on several different health factors. If your blood pressure is too high, your heart and blood vessels can be damaged. High blood pressure is often called the silent killer because it has no symptoms. Blood pressure increases as you grow older, so be sure to have it checked every year.

Cholesterol Low Risk ✓

#### Cholesterol

Within recommended ranges **Low Risk** 

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol. A simple blood test will show if you're meeting the recommended goals. Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthy diet. Other people need medication to reach their goals.

Diabetes Low Risk ✓

## **Diabetes**

No diabetes **Low Risk** 

Diabetes is a major risk factor for cardiovascular disease. That's why it's so important for people with diabetes to control all of their other cardiovascular risk factors.

Exercise High Risk ∨

# **Weekly Exercise**

#### Current

#### Recommended Goal

No physical activity **High Risk** 

150 min. or more (moderate)\*\* **Low Risk** 

Including exercise and other physical activities in your daily routine can reduce your risk of CVD.

- \*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)
- \*\*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Existing CVD Low Risk ✓

## **Existing CVD**

No existing CVD **Low Risk** 

Having cardiovascular disease (CVD) is a major risk factor for heart attack, stroke, heart failure, and peripheral artery disease (poor blood flow in the legs). Meeting the recommended goal for other CVD risk factors may help lower that risk.

### Family History of Early CVD

High Risk ∨



# Family History of Early CVD

Early CVD in family history **High Risk** 

Having a brother or father diagnosed with cardiovascular disease (CVD) before they turned 55 years old increases your risk for CVD. Having a mother or sister with CVD before age 65 also increases your risk.

High Risk ∨ Sleep

# Sleep

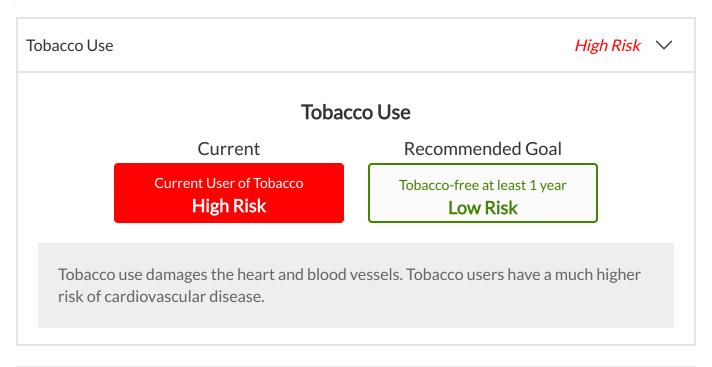
#### Current

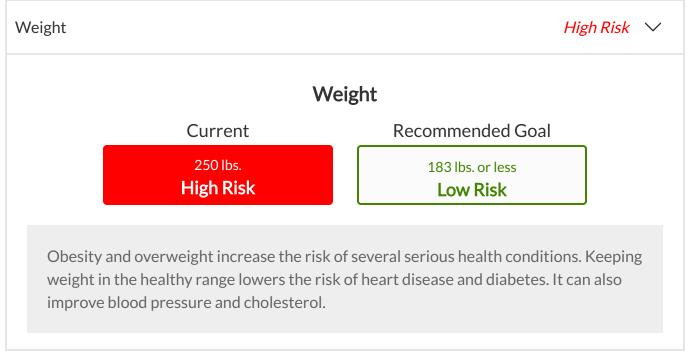
5 hours or less **High Risk** 

Recommended Goal

7 hours or more Low Risk

Getting less than 6 hours of sleep per night or less than 7 hours of sleep per night with poor sleep quality (not feeling rested upon waking) increases your risk of CVD.





**Take Your Next Steps** 

8/14/24, 10:29 AM

It's important to take action and stay ahead of heart disease. Click to schedule a heart health check up with our cardiology team.

Schedule an Appointment

Take the first step towards a healthier heart today. Join our Smoking Cessation Program and receive expert guidance and support.

## **Enroll Today**

Weight significantly impacts your heart health. Take the next steps with our comprehensive approach to weight management.

Learn More About Weight-Loss

Our Cardiology Services are dedicated to providing comprehensive heart care, from preventive screenings and diagnostics to advanced treatments and rehabilitation. Our team of experienced cardiologists and healthcare professionals is committed to delivering personalized care tailored to each patient's unique needs.

For appointments and inquiries, please call us at (123) 456-7890. You can reach our Cardiology Services team at cardiology@demohospital.com.

Visit our website for more information and to schedule an appointment online: <u>Schedule Appointment</u>.

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

#### **DISCLAIMER**

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