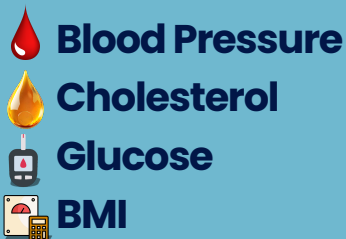




The ABCs of Heart Health

Simple steps. Lifelong impact.

A Ask for Your Key Numbers



Know your baseline.

B Be Aware of What They Mean

Know what your
numbers mean
and what “in
range” looks like
for you.



Awareness saves lives.

C Create a Plan

Commit to heart-
healthy habits
and check in to
stay on track.



Small steps. Big impact.



Heart health starts with what you know-
and what you do next.



#EveryHeartCounts

abc cardio.org

