

Achieve your health and wellness goals with 1-on-1 support from our Clinical Educators



Call **1.800.HEART.89** (**1.800.432.7889**) to make an appointment and get more information about 4myheart

Your appointment is scheduled for

Date

Time

Notes

Get started

Visit [4myheart.com](https://www.4myheart.com) or call customer support at **1.800.432.7889**, option 2.

- Connect with your Clinical Educator to develop your custom plan
- Get resources to support your heart health journey
- Use tools to track your meals and movement
- Find inspiration in real-life success stories
- Join online sessions to connect with others and expand your support network



[4myheart.com](https://www.4myheart.com)

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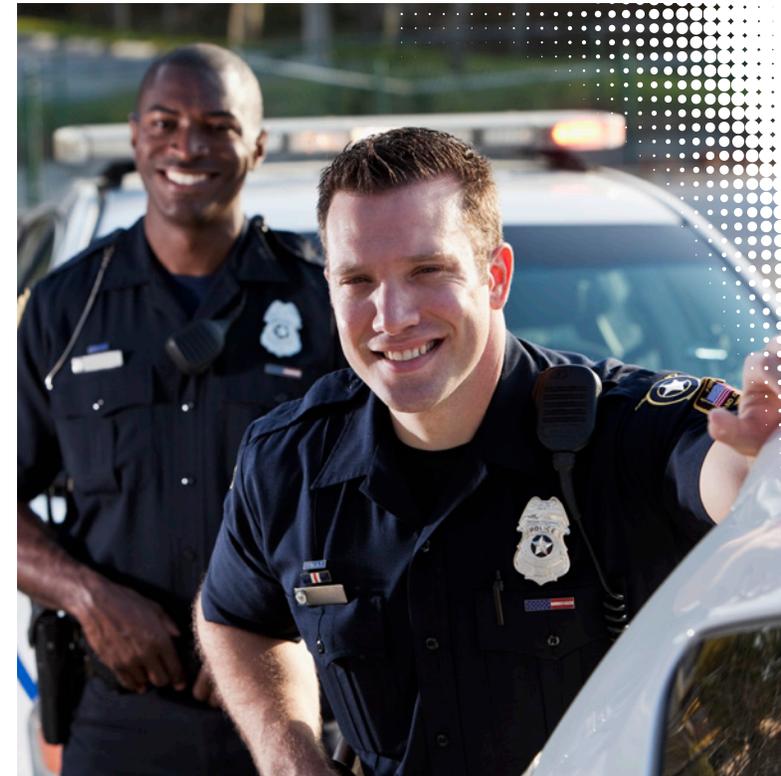
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SIGMA Tactical Wellness



Living 4myheart®

A cardiometabolic lifestyle change program



Quest® Cardiometabolic Center of Excellence™
at ClevelandHeartLab®

Benefit from the 4myheart program

What is the 4myheart program?

4myheart is a cardiometabolic lifestyle change program that focuses on helping people improve and maintain heart health through a 1-on-1 approach.

You'll get the individualized support of a Clinical Educator, who can help you

- Understand your cardiometabolic test results (and what they mean for your health)
- Implement lifestyle changes based on your test results
- Set goals to lower health risks and improve heart health
- Create a custom action plan to achieve these goals
- Achieve and maintain a healthy weight as part of your plan
- Stay on track, motivated, and accountable throughout your health journey
- Access resources tailored to your health needs

Achieve a healthy lifestyle through 4myheart



Make healthy food choices

- Browse our cardiometabolic-friendly recipe libraries
- Prepare meals inspired by cultural, classic, and comforting favorites
- Use online tools to record your meals and snacks



Stay active and social

- Create goals for daily movement
- Track your progress online
- Connect with people like you



Improve sleep

- Understand how sleep affects overall health
- Learn the benefits of getting enough sleep
- Find ways to improve your sleep quality



Manage your stress

- Identify sources of stress in your life
- Learn positive ways to manage stress
- Get support from friends and family

