



Don't skip a beat with your heart health

Nearly half of all Americans are at risk of heart disease.¹ Fortunately, you can make a big difference in your heart health with a few simple steps and a healthy mindset. Use these tips and tools to help maintain a heart-healthy lifestyle.



Keep prevention in mind

A healthy diet, regular sleep, and physical activity can help prevent heart disease and other conditions. Not sure where to start? We have [plenty of tips](#) to help you take control of your heart health.



Get regular screenings

Talk to your doctor about heart health screenings. These can help your care team track your risk for [heart conditions](#) and catch problems early.

You can use this [helpful tool](#) to find recommended screenings based on your health history.²



Explore total health support

Whether you're working on lifestyle changes, undergoing treatment, or recovering from a procedure, you have the [support to achieve your best outcome](#). Take advantage of the latest monitoring technology, support groups and classes, mental health resources, and more.

Visit kp.org/heart for more resources for a heart-healthy lifestyle.

1. "About Heart Disease," Centers for Disease Control and Prevention, accessed December 4, 2024. **2.** The online screening tool and chart above are for educational use only. They're not intended or designed as substitutes for the reasonable exercise of independent clinical judgment by practitioners considering each patient's needs on an individual basis. Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.

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