

Our Clinical Educators can explain your test results and help you achieve the health and wellness goals you have made with your doctor.



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

After your doctor has enrolled you
in the program, visit 4myheart.com.

- View your advanced cardiovascular test results
- Connect with your Clinical Educator to develop a personalized action plan
- Find heart-healthy recipes and tools to track diet and exercise
- Learn about additional online support and e-coaching programs available through the **Cleveland Clinic Wellness Institute**



4myheart.com

QuestDiagnostics.com

Quest Diagnostics Incorporated and its subsidiaries (Quest) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.844.698.1022. ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.698.1022. 注意：如果您使用繁體中文 (Chinese), 您可以免費獲得語言援助服務。請致電 1.844.698.1022.

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks, including Cleveland HeartLab, are the property of Quest Diagnostics. All third-party marks—® and ™—are the property of their respective owners.

© 2021 Quest Diagnostics Incorporated. All rights reserved. MI10102 3/2021

SIGMA Tactical
Wellness



Living 4myheart®

The heart health program based on your
advanced cardiovascular testing



Quest® Cardiometabolic Center of Excellence™
at  **ClevelandHeartLab®**

Benefit from the 4myheart program

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

- Learn about your tests and what the results mean
- Set lifestyle goals to help improve your heart health
- Develop a personalized action plan
- Follow the treatment plan prescribed by your healthcare provider
- Connect you with additional programs available online through the **Cleveland Clinic Wellness Institute**

Achieve a healthy lifestyle through 4myheart



Make healthy food choices

- Search more than 100 heart-healthy recipes
- Find ways to make better choices, such as eating locally grown produce
- Use online trackers to record your meals



Stay active and social

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



Understand your medicine

- Learn why you need certain medications
- Try to prevent unwanted side effects with helpful tips
- Set medication reminders



Manage your stress

- Find out what causes stress in your life
- Learn positive ways to deal with stress
- Get support from friends and family

Enroll in additional programs

Your Clinical Educator may also recommend **Cleveland Clinic Go! Wellness programs** – interactive, 6-week online programs to improve specific aspects of your health:

- Control your stress and reduce your risk of developing stress-related diseases through the **Stress Free Now** program
- Improve your sleep in the privacy of your own home with **Go! to Sleep**

Learn through eCoaching

Our coaching programs, available through Cleveland Clinic Wellness, are designed to help you create sustainable behavior change to meet your personal health goals. Through interactive, daily emails, eCoaching encourages you to make small changes every day with personal advice and motivation.

