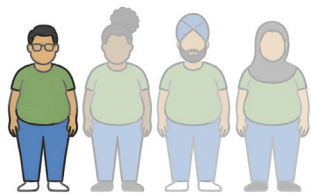




My health
on my terms

Do You Know Your Heart Risk?

Many people don't, even when risk is already there.



1 in 4 Americans aren't sure if they're at increased risk for heart disease.¹



But about **7 in 10** have at least one heart disease risk factor.¹

Why It Matters



Heart disease is the **#1 cause of death in the U.S.** About 1 in 3 deaths are linked to it.²



The good news: Up to **80% of heart attacks and strokes can be prevented.**³

Know Your Risk Factors

Some you can change, some you can't.⁴

You Can Control⁴

- Blood pressure
- Cholesterol
- Smoking
- Diabetes
- Diet
- Activity
- Weight

You Can't Control^{4,5}

- Age
- Sex
- Race
- Ethnicity

Check Your Numbers

Talk to your doctor about:^{4,5}



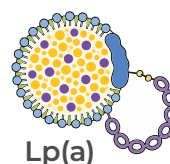
Blood Pressure



Cholesterol



Blood Sugar



Lp(a)

Don't wait for symptoms.

Not included in routine blood tests.

References: 1. <https://newsroom.clevelandclinic.org/2026/02/03/cleveland-clinic-survey-finds-americans-optimistic-about-aging-well-but-many-overlook-heart-disease-risks> (Accessed April 1, 2026). 2. <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html> (Accessed April 1, 2026). 3. <https://world-heart-federation.org/what-we-do/prevention/> (Accessed April 1, 2026). 4. <https://www.cdc.gov/heart-disease/risk-factors/index.html> (Accessed April 1, 2026). 5. Razavi AC, et al. JACC Adv. 2025;4(6 Pt 1):101826.

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