



My health
on my terms

Heart Disease Can Be Silent

Your daily habits can affect your heart health.



Heart disease often has no clear signs. Many people don't know they're at risk until a heart attack happens.¹ Some risk factors, like family history and genetics, may not be visible.²

What You Do Matters³



Daily habits can
raise or lower
your risk.⁴

Start With What You Can Control

Small, consistent changes can improve your heart health^{2,3}



Quit smoking



Move more



Improve sleep



Eat a balanced diet



Talk to your doctor to understand your risk.
Then take small steps to improve your health.

References: 1. https://www.cdc.gov/heart-disease/about/coronary-artery-disease.html?CDC_AAref_Val=https://www.cdc.gov/heartdisease/coronary_ad.htm (Accessed April 6, 2026). 2. <https://www.cdc.gov/heart-disease/risk-factors/index.html> (Accessed April 14, 2026). 3. <https://www.cdc.gov/heart-disease/about/sleep-and-heart-health.html> (Accessed April 14, 2026). 4. Khera AV, et al. NEJM. 2016;375:2349-2358.

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