



# Don't skip a beat with your heart health

There's no better time to make heart-healthy changes, even though it can be challenging at first. Use these tips to learn what you can do to keep your heart healthy and encourage your loved ones to do the same.



## Keep prevention top of mind

Taking steps to eat healthy, exercise, watch your cholesterol, manage stress, and maintain a healthy weight can help you prevent heart disease and other conditions. Not sure where to start? We have [plenty of tips](#) to help.



## Understand common conditions

No two hearts are alike, and understanding your own can help you [identify common conditions](#) and get treatment if you need it. [Use this helpful tool](#) to find recommended screenings based on your health history.<sup>1</sup>



## Get the most from treatment and recovery

It can be challenging to know what steps to take if you or a loved one has a heart condition. Learn how to [prepare for each appointment](#) with your doctor.



Scan the QR code or visit [kp.org/heart](https://kp.org/heart) for more heart-healthy tips.

<sup>1</sup> 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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