



When you get a Berkeley HeartLab blood test, you get much more than a test report. It includes a personalized program with your clinical educator and exercise physiologist, designed with your doctor's guidance, that leads you to better health and well being.

WELCOME!



www.4myheart.com

Berkeley HeartLab, Inc. in partnership with **Englewood Hospital and Medical Center** and **Kaplen JCC on the Palisades** are partnering to reduce your risks.

Knowing your risks for heart disease and stroke is the first step. The Berkeley HeartLab test identifies risk factors that standard tests miss. Risks are related to inherited and lifestyle factors. Once you know what your risks are, you, your doctor, and your Berkeley HeartLab Clinical Educator will begin the process of tackling them together.

What to Expect

- An educational offering designed for your convenience by phone or in person
- Ongoing individualized sessions personalized to your Berkeley results
- Optional group sessions that are fun and informative
- Direct feedback to your doctor about your progress
- Motivation to provide you momentum to stay on track
- Personal website access to track your progress

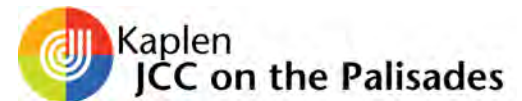
4myheart Center Englewood



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 **Berkeley HeartLab, Inc.**
personalized cardiac management
a CELERA Business

in partnership with



4myheart Program

The 4myheart program provides a personal touch through individual and group education, resulting in proven weight loss and cardiovascular risk reduction. Using Berkeley HeartLab test results as a guide, the following areas are included:

- **NUTRITION** – Healthy eating for a healthier you
- **EXERCISE** – Personalizing the right program for you
- **MEDICATION** – Understanding the how, what, and why
- **STRESS** – Trading “stressed out” for “in control”



NUTRITION AWARENESS

NUTRITION

4myheart healthy and tasty eating focuses on:

- Quality and quantity of food choices
- Genetic influences
- Regional food preferences
- Calories in vs. calories out

One size doesn't fit all with our personalized approach.



EXERCISE OPTIONS

EXERCISE

Enhancing health through fitness involves:

- Assessing patient needs
- Personalizing approach
- Increasing exercise endurance
- Working with community resources

Exercise choices and building on success are the basis of the program



PHARMA ADHERENCE

MEDICATION

A pill is easier to swallow if the patient knows:

- How medicines work
- Why they are needed
- What to do to prevent side effects

Discussing progress with the doctor is an important part of this program



STRESS REDUCTION

STRESS

Take control of stress instead of letting it control you by:

- Knowing how it affects you
- Learning proper coping mechanisms
- Participating in relaxation techniques and/or exercise

Discover a calmer you as you learn and practice stress-relieving techniques

CLINICAL EDUCATOR