

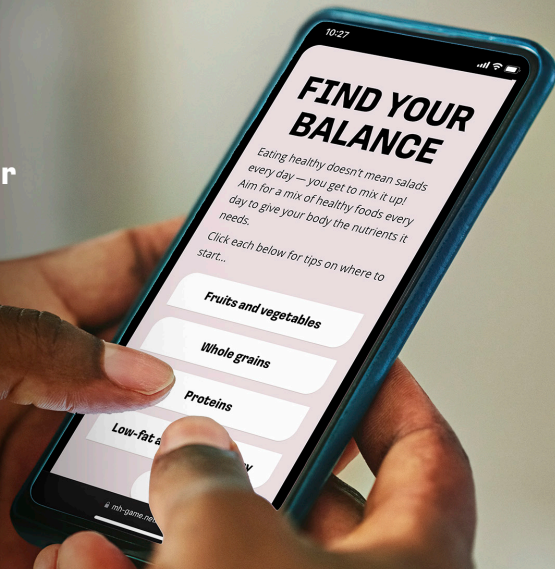
# Your heart health, your way.

Take the first step to improving your  
heart health with **Pulse Check**.

The path to heart health is different for everyone. Pulse Check is an interactive roadmap that let's you customize your own small steps for heart-healthy living. Explore helpful tips, content, and quizzes to boost your knowledge. You can even earn points and badges along the way.



Try it today:  
**[LivetotheBeat.org/PulseCheck](https://LivetotheBeat.org/PulseCheck)**



# Start your journey to heart health today!

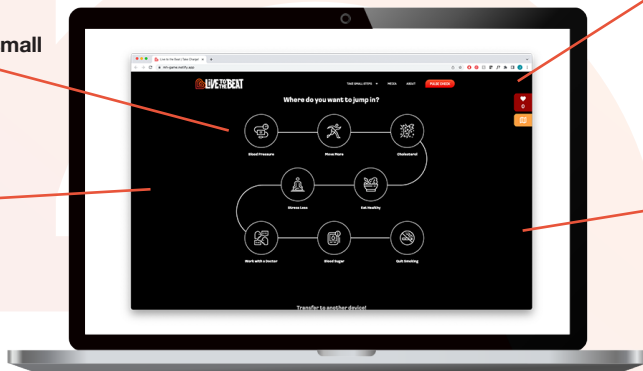
Here's how it works:

Build your own small steps journey.

**CONTROL  
YOUR BLOOD  
PRESSURE**

High blood pressure affects a lot more than it can impact your whole body, find to go of things you can do to keep it in a hand

Get quick tips.



Quiz yourself to see how much you know.

Take small steps.

**LIVE TO THE BEAT**