

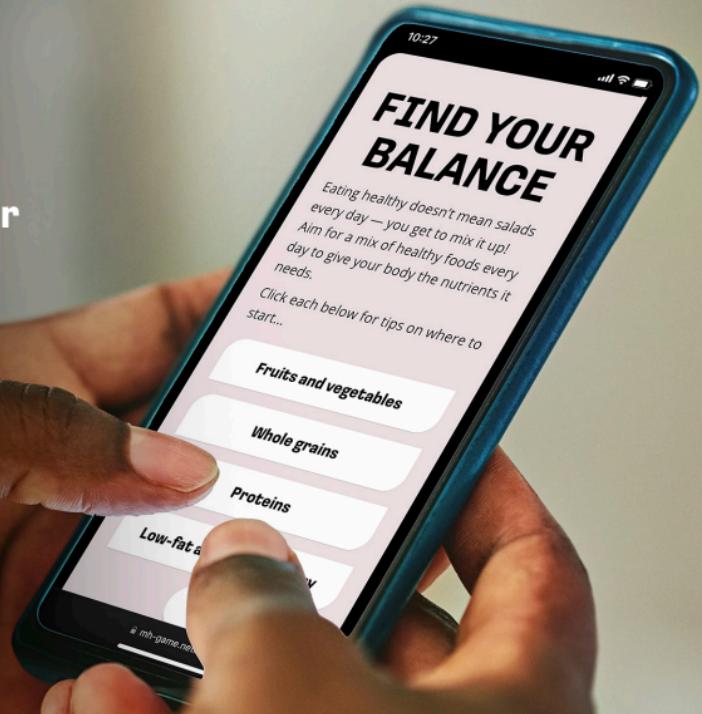
Your heart health, your way.

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 lets 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



 **LIVE TO THE BEAT**

Start your journey to heart health today!

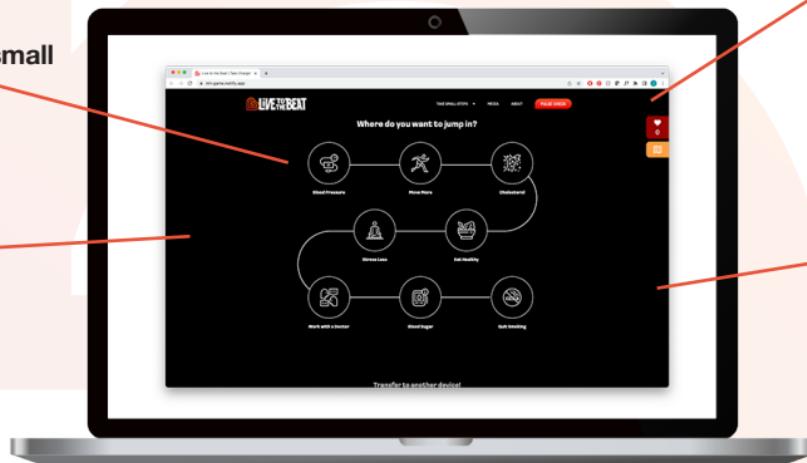
Here's how it works:

Build your own small steps journey.

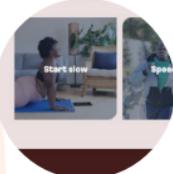
**CONTROL
YOUR BLOOD
PRESSURE**

High blood pressure affects a lot more than just your heart. Learn how to make small changes that can help you live a healthier life.

Get quick tips.



Quiz yourself to see how much you know.



Take small steps.

LIVE TO THE BEAT