

Work With Your Doctor | :30

VO: You have done some pretty big things.

We see an old slide reel flipping through old lifestyle footage from the 60's and 70's.

Like some really awesome, truly incredible-

We see video of an old couple going for a bike ride and a woman in a cap and gown with her husband.

Pretty wild, BIG things!!

And then UGC video of an older man showing off a new tattoo, another of an older man riding a skateboard with a cane.

And you know that a big life is made up of the small things you do - like visiting your doctor, to take back control of your heart health.

First person perspective of a man jumping in a pool and a father and daughter at a waterpark. A person in a white coat is talking to camera, virtually, followed by a woman with a blood pressure cuff, checking her blood pressure.

To get back to things like --

A woman on a stationary bike followed by a woman at the gym, a UGC video of a woman holding a baby, a couple playfully kissing and women doing water aerobics.

And maybe even some --

Someone yelling "Woohoo!" as they get a hole-in-one at putt putt, someone yelling "WOO!" as they paraglide.

SUPER: Live big by taking healthy steps. Talk to your doctor about your heart health today.

VO: Visit hearthealthysteps.org to learn more.

Disclaimer 1: "These scenes were filmed prior to COVID-19. Refer to the CDC website for current recommendations on vaccination, distancing and mask-wearing."

Disclaimer 2: "This PSA was made possible through a partnership with CDC Foundation, Amgen, Bayer, FH Foundation and the National Association of Chronic Disease Directors."