



Date: 02-23-2023

# Your Cardiovascular Risk

**Moderate Risk** 

Your Heart Age

34 years (0 years younger)

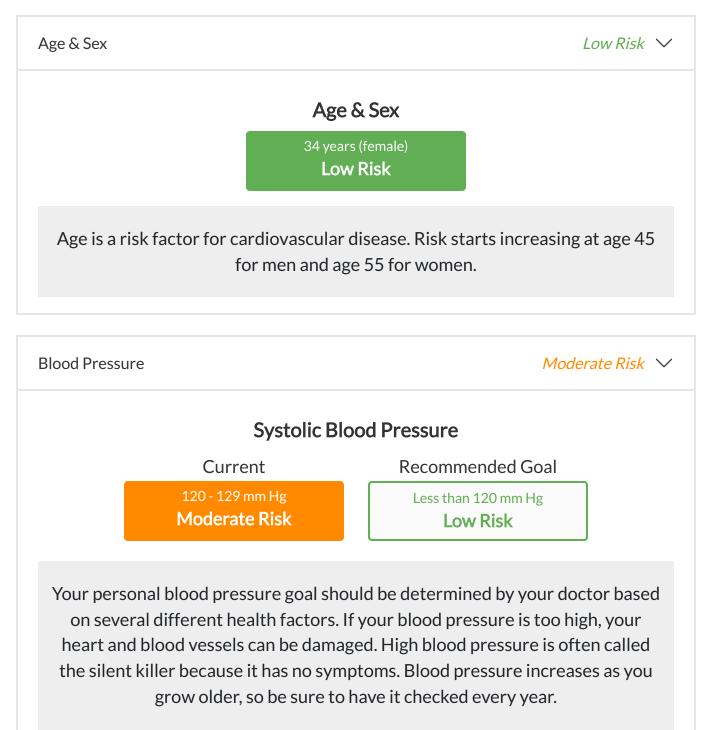
# Based on your Heart Age and Risk Factors below, your near-term risk for cardiovascular disease is Moderate.

Ask a doctor what you can do to lower your risk.

- Your Heart Age is the same or younger than your current age. This indicates that certain risk factors put you at the same or lower CVD risk than others of your same age.
- Be aware of your High and/or Moderate risk factors, especially those risk factors you can change.
- Discuss this report with your healthcare provider or heart specialist. Ask when you are due to have your tests and numbers updated and be aware of the results.

## **View Your Risk Factors**

Open any Risk Factor below to learn more about your risk and what you can change.



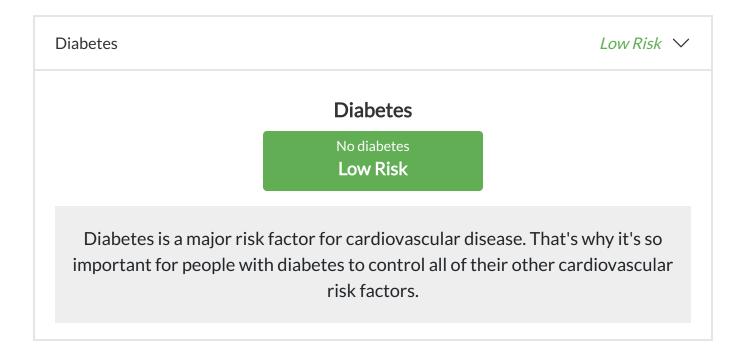
#### Cholesterol

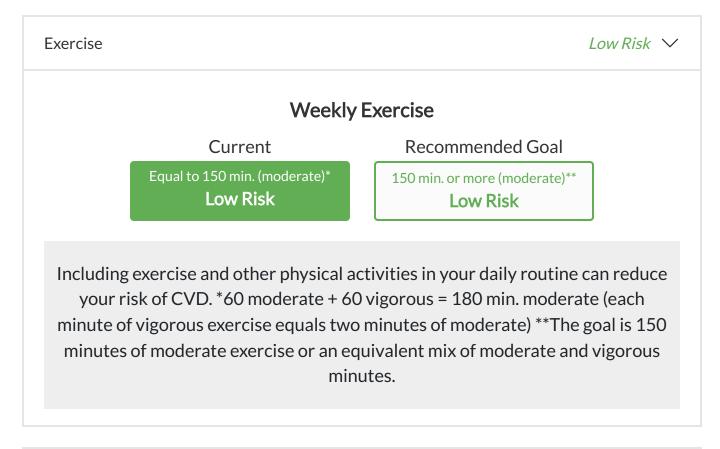
Low Risk 🗸

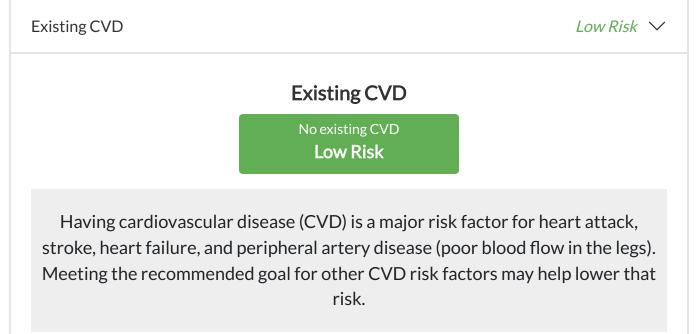
## Cholesterol

Within recommended ranges
Low Risk

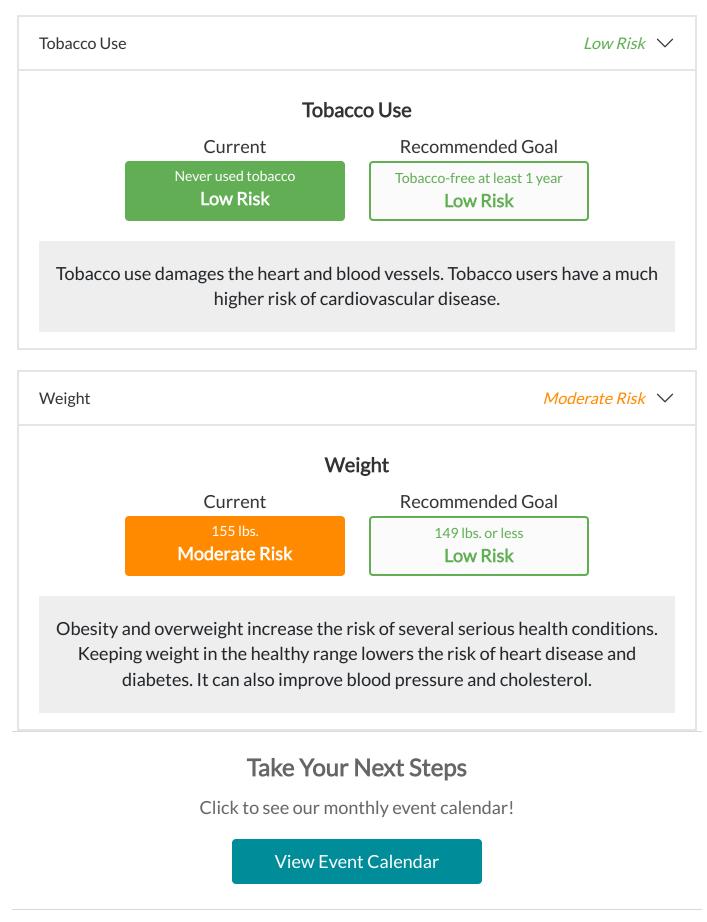
Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol. A simple blood test will show if you're meeting the recommended goals. Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthy diet. Other people need medication to reach their goals.







| Family History of Early CVD  | High Risk 🗸               |
|--|---------------------------|
| Family Histo   | ory of Early CVD          |
| Early CVD in family history<br>High Risk<br>Having a brother or father diagnosed with cardiovascular disease (CVD) before<br>they turned 55 years old increases your risk for CVD. Having a mother or sister<br>with CVD before age 65 also increases your risk. |                           |
|  |                           |
|  |                           |
|  | Sleep                     |
| Current  | Sleep<br>Recommended Goal |
|  |                           |



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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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