

Measure your heart health & identify early warning signs of heart disease

with the evidence-based Prodromal Symptoms Screening Scale

What is it?



Use it more often if you notice new or returning symptoms, or increasing symptom severity or frequency.



An annual tool to help you measure your heart health.



A way to talk to your healthcare provider about your heart health.



A tool for your healthcare provider to assess your level of risk for heart disease.

Why should I use it?

up to 92%

of people experience warning signs...

but do not recognize them as warning signs of a heart attack because they occur at unusual times and are totally unexpected.