

# Measure your Heart Health & Identify Early Warning Signs of Heart Disease

with the evidence-based Prodromal Symptoms Screening Scale

## What is it?



An annual tool to help you measure your heart health.



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



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.

## Who is it for?



### Patients

- Any adult
- Any adult who has a family history of heart disease, or known heart disease
- Any adult who has diabetes
- Any woman who had hypertension or diabetes during a pregnancy



### Clinicians

- GPs, NPs, RNs, Internists, Cardiologists

*Used as an annual screening tool for patients with known CVD or whom are at risk.*