



The Heartbeat of Today's Healthcare

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\*According to the Framingham Risk Assessment.



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## Heart Health Tracker

Take this important tool with you to each visit with your health care provider. Use it to keep track of your heart disease risk over time.



# Keeping Track

Fill out this chart each time you visit your health care provider.

The hard part is getting started. Begin by marking down these important numbers. Each time you visit your doctor, you'll be able to compare the information and track your progress. You'll see a pattern and you'll eventually see progress. Diet, exercise and medication all have an impact on your health, and you have to start somewhere. Keeping track is your first step.

Date of Doctor Visit —	/ /	/ /	/ /	/ /	/ /
Weight —					
Exercise Regularly? —	yes / no	yes / no	yes / no	yes / no	yes / no
Total Cholesterol —					
LDL ("Bad" Cholesterol) —					
Blood Pressure (Systolic/Diastolic) —	/	/	/	/	/
Diabetes (HbA1c Test Results) —	%	%	%	%	%
Smoking Status —	yes / no	yes / no	yes / no	yes / no	yes / no
Totals from your Healthy Heart Chart:					
Healthy Heart Chart Total Points —					
10-Year Heart Disease Risk* —	%	%	%	%	%