Take Action to Improve Your Heart Health

Canadian Cardiovascular Society

This tool lists 12 key actions you can take to prevent a heart attack or help you recover from one. Some actions may be more important to you than others. Use this tool to:

- **Prepare questions** before your healthcare appointment.
- **Make notes** on the advice you receive.
- **Plan actions** to improve your heart health.

Lower Your Risk

Action	My Questions	My Healthcare Provider's Advice	My Plan
Track cholesterol levels	**Examples:** • What are my cholesterol levels? • What should my cholesterol be? • How often should my cholesterol be checked? • What can I do to lower my cholesterol? • Have I had my lipoprotein(a) [Lp(a)] measured?		
Track blood pressure	**Examples:** • What is my blood pressure? • How often should I measure my blood pressure? • What should my blood pressure be? • What can I do to lower my blood pressure?		

Action	My Questions	My Healthcare Provider's Advice	My Plan
Monitor blood sugar (if living with diabetes)	**Examples:** • What is my blood sugar level? • How often should I measure my blood sugar? • What can I do to lower my blood sugar? • What should my A1C be?		
Maintain a healthy weight	**Examples:** • Do I need to change my weight? • What is a safe weight change goal for me? • Should I see a registered dietitian?		
Have a Healthy Lifestyle			
Quit smoking or vaping	**Examples:** • I tried quitting before. Can you help me try again? • What treatments are available to help me stop smoking?		
Keep immunizations up to date	**Examples:** • Are vaccinations safe for me? • Which vaccinations should I get? • Where can I get vaccinated?		

Action	My Questions	My Healthcare Provider's Advice	My Plan
Choose healthy food and drinks	**Examples:** • Are there specific foods I should try to eat more often? • Are there foods and drinks I should try to limit?		
Move more	**Examples:** • How do I become more active safely? • What are the best exercises for me? • How much activity is recommended for me? • Would I benefit from cardiac rehabilitation?		
Get good sleep	**Examples:** • How many hours of sleep should I try to get? • Are there ways to help me sleep better?		
Maintain good mental health	**Examples:** • Is it usual to feel down after a heart attack? • Who should I speak with if I am struggling? • What help can I get to manage my stress?		

Manage Your Health

Action	My Questions	My Healthcare Provider's Advice	My Plan
Know your medications and take them as prescribed	**Examples:** • What do these medications do? • What should I do when my prescription runs out? • What should I do if I miss a dose?		
Attend healthcare appointments	**Examples:** • When do I see you again? • Who will provide follow-up care when I don't have a family doctor? • When should I go to hospital?		

Notes:

Visit Heart Healthy Living or use your mobile device to scan the QR code for access to expert-approved health resources.

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