




From your first bad dream to your first heartbreak—she's always been there for you.

Make sure her heart is taken care of too.

7 minutes online could save her life.

www.StJosephHeart.org

 CATHOLIC HEALTH INITIATIVES

**St. Joseph
Medical Center**

A Part of Franciscan
Health System



Half of those who die of heart disease never knew they were at risk.

Find out in 7 minutes if you or your loved ones are at risk for heart disease.

Cardiovascular disease is the number one killer of women in the U.S. You don't have to have chest pain or other symptoms to be in danger. Protect yourself by finding out your risk level and taking simple steps to stay healthy. As the South Sound's leader in cardiovascular medicine, we're offering you and your loved ones a free online HeartAware assessment, so you can check your personal risk for heart disease.

Take a free online HeartAware risk assessment.

Answer a few simple questions and you'll get an immediate personal risk report with simple tips on what you can do to get or stay heart-healthy. If you are at risk, you may qualify for a free heart-risk screening with a registered nurse at St. Joseph Heart & Vascular Center.

It's quick, free and confidential.

Take our fast and free St. Joseph HeartAware evaluation. Our new confidential diagnostic system can predict the risk of heart disease, heart attack and stroke.

Take the free St. Joseph HeartAware assessment today at www.StJosephHeart.org.

FOR ADVANCED MEDICINE AND TRUSTED CARE,
CHOOSE ST. JOSEPH HEART & VASCULAR CENTER.

**St. Joseph
Medical Center**

+ CATHOLIC HEALTH
INITIATIVES

A Part of Franciscan
Health System

FREE SCREENING CLINIC FOR THOSE MOST AT RISK

The in-person heart screening with a registered nurse includes cholesterol, glucose, height/weight and blood pressure testing.

Find out your heart risk today with St. Joseph HeartAware.
www.StJosephHeart.org

Franciscan Health System
1717 South J Street
Tacoma, WA 98401-2197

NONPROFIT ORG.
US POSTAGE
PAID
TACOMA, WA
PERMIT NO. 412