



From training wheels to driving lessons, he's been behind you every step of the way.

Now it's your turn.

7 minutes online could save his life.

www.StJosephHeart.org

† CATHOLIC HEALTH INITIATIVES

**St. Joseph
Medical Center**

A Part of Franciscan
Health System



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

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

Cardiovascular disease is a silent killer. 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.

A Part of Franciscan Health System

St. Joseph Medical Center

+ CATHOLIC HEALTH INITIATIVES

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

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Tacoma, WA 98401-2197

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