

Take charge of your next visit.

Start the conversation about your heart and brain health.



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What is my risk for heart disease or stroke based on my personal and family history? I'd like to understand what it might mean for me.

Are there specific risk factors I should be more concerned about for my heart and brain health?

I've been thinking about my heart and brain health. Could we take a look at my risk factors like blood pressure, cholesterol and blood sugar?

What tests should I have to assess my heart and stroke risk? How often should I get screened for blood pressure, cholesterol, and blood sugar?

What are my current numbers related to heart and brain health? Can we go over them together so I can better understand what they mean and what to do?

I know I have some risk factors for heart disease and stroke. What should I be focusing on right now for my heart and brain health?

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Health risks can run in families.

Talk about the health history you share.

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I'm trying to learn more about our family's health history. Can we talk about it together?

Has anyone in our family had heart disease or a stroke? At what age?

I've been learning about my risk factors for heart disease and stroke. Do you know if high blood pressure, high cholesterol, or diabetes runs in our family?

I've been thinking about how we can stay healthy as a family. Are there any health issues or risk factors we could be keeping an eye on together?

I learned about how important it is to know your numbers — like blood pressure and cholesterol. Have you had yours checked recently?

I'm working on lowering my risk of heart disease and stroke by eating healthier and moving more. I'd love some company — are you up for making some changes together?

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Support starts with a simple question.

Talk to a friend.
Share your goals.



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Want to go for a walk or try new recipes together? I find it easier to stick to healthy habits when I have support.

It sounds like we both want to make some small changes for our heart and brain health. How can we help each other stay on track?

I found out recently that I have some risks for heart disease and stroke. It kind of surprised me. Have you ever done a risk assessment?

I used the blood pressure machine at the pharmacy this week. It was pretty easy. Have you ever checked yours?

Are there any tools, services or people you'd recommend for keeping tabs on my heart and brain health – especially if I don't have a family doctor?

I notice you have a pretty healthy lifestyle. Do you have any tips to help me get started and stick with it?

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Get support you need at every visit.

Talk to your healthcare team about your questions and what's important to you.



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Can we go through my medications together, so I understand what each one does, and why it's important for me?

There are some things I'm finding difficult since my diagnosis/event. What strategies, services, or supports might help me?

What kinds of physical activity, rehabilitation, or lifestyle changes would be most helpful for someone in my situation?

Can you help me better understand my health condition. I may need to explain this to others.

What resources are available between visits if I have questions after my appointments or forget to ask something during a visit?

Sometimes it's hard to know what's normal and what isn't. How do I tell the difference between normal recovery changes and when to seek medical attention?

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Support starts with understanding.

Honest conversations can help you stay connected and get the support you need from family and friends.

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Some days are harder than others. I'd like to share what recovery has been like for me and hear how you're feeling too.

A lot has changed since my diagnosis/event. I'd love to stay connected. Can we talk about activities that work well for me now?

There may be things I can't do the same way I used to. Can we talk about how we can adapt together?

I'm working on building healthy habits as part of my recovery. Would you be interested in joining me for a walk, class, or other activity?

Would you be willing to come with me to a medical appointment? Your support could help me communicate my concerns, remember important information, or take notes.

Sometimes people aren't sure what to say after a diagnosis or event like mine. I appreciate you checking in. Can I share a bit about what my experience has been like?

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