



# YOUR HEART HEALTH CHECKLIST

AS THE WORLD BEGINS TO REBOUND FROM THE COVID-19 PANDEMIC AND MANY OF US ARE GETTING VACCINATED, WHAT ARE THE NEXT STEPS FOR MANAGING OUR WELL-BEING?

HERE'S HOW YOU CAN STAY ON TOP OF YOUR HEART HEALTH:



## STEP 1: SCHEDULE A CHECK-IN

Book appointments (in person or virtual) with your cardiologist and/or heart care provider as soon as you can. Calendars may fill up quickly as many are looking to make up for visits missed during the pandemic.



## STEP 2: PAY ATTENTION TO HEALTH CHANGES

A lot has happened in the past year that may have taken a toll on your physical and mental wellness. Jot down anything new you've noticed in terms of your stamina, mood, pain levels, etc. Mild symptoms, things that might not have sent you running to your doctor, may still be signs of potential heart issues.



## STEP 3: MAP OUT A PLAN

During your appointment, discuss recent developments, questions or concerns. Those insights will help your doctor decide if you need to get heart exams, lab work or treatment.



## STEP 4: KEEP IN TOUCH WITH YOUR DOCTOR

Schedule ongoing medical follow-up and let your physician know if you experience additional symptoms after your appointment(s).

This checklist serves as a great starting point, but like most things, there's always room to do more. It's important to regularly consult with your heart care team to closely monitor your health, stay informed on potential signs and symptoms and the corresponding treatment options available, and learn more about additional steps you can take to be healthy.



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