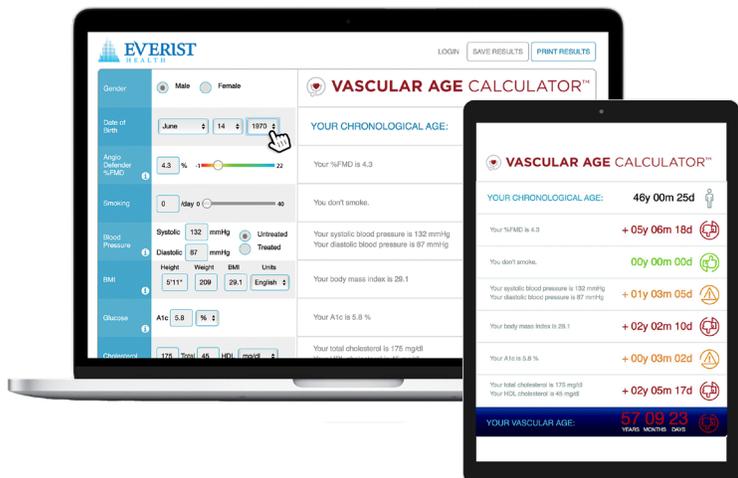


FUEL HEALTH IMPROVEMENTS & DECREASE CARDIOVASCULAR DISEASE RISK

Study Uncovers Encouraging Findings from Tools like the Vascular Age Calculator from Everist Health



Because Everist Health's Vascular Age Calculator, or 'heart age' tool, is cost-effective, quick, simple and easy to understand, it promises to be as highly effective when informing people about their CVD risk, resulting in adoption of a healthier lifestyle and a CVD risk reduction.

In conclusion, people who calculate their 'heart age' with tools like Everist Health's Vascular Age Calculator make greater improvements to their heart health.

KEY FINDINGS:

- Those given their 'heart age' adopt healthier lifestyles and reduce CVD risk.
- 'Heart age' knowledge leads to greater smoking cessation rates.
- The 'heart age' tool is cost-effective, quick, simple and easy to understand.
- When detecting CVD risk, the 'heart age' tool promises to be highly effective, resulting in healthy lifestyle change and CVD risk reduction.
- Those who calculate their 'heart age' make greater improvements to their overall health, resulting in weight loss, lower cholesterol and, ultimately, a healthier heart.

A landmark 2014 Spanish study* proved that using a 'heart age' to inform men and women about their cardiovascular disease (CVD) risk motivated them to adopt healthier lifestyles and reduced overall CVD risk more than those who received conventional medical advice.

After 12 months, when compared to a control group – which was given conventional medical advice including guidelines on healthy lifestyle – those who were given their 'heart age' plus conventional medical advice demonstrated significant decreases in their CVD risk scores and had a far greater smoking cessation rate.

The following chart shows some of the mean changes of many cardiovascular risk factors that, after 12 months of follow-up, decreased when individuals were provided their heart age at baseline and increased when individuals were not provided their baseline heart age.

Measurements	Control Group (Unaware of Heart Age)	Heart Age Group (Aware of Heart Age)
Weight	↑ +0.72 kg	↓ - 0.77 kg
Body Mass Index	↑ +0.25 kg/m ²	↓ -0.27 kg/ m ²
Systolic BP	↑ +1.02 mmHg	↓ -4.37 mmHg
Total Cholesterol	↑ +5.36 mg/dL	↓ -6.54 mg/dL
Current Smokers	↑ +0.9 %	↓ -1.8 %

*Angel A Lopez-Gonzalez, et al. *Eur J Prevent Cardiol*. First Published February 3, 2014; <https://doi.org/10.1177/2047487313518479>