

4myHeart Program

By Gordon C. Gunn, M.D.

Dr. Gunn has partnered with Berkeley Labs and the **Living 4myHeart Program**. The **4myHeart Program** provides a personalized approach to risk management for patients who have completed the *Initial and Review Wellness Evaluation* and were diagnosed to be at risk for heart disease, stroke or metabolic syndrome.

Working in conjunction with Berkeley HeartLab Clinical Educators Dr. Gunn will develop a specific treatment plan for you based on your test results, current lifestyle and health history. The **4myHeart Program** provides education and skill building through individual goal setting and interactive online tools. Starting with assessing a patient's readiness to make lifestyle changes, Berkeley HeartLab Clinical Educators work with Dr. Gunn's treatment plan to motivate patients toward a healthy lifestyle and reduced cardiovascular risk.

The **4myHeart Program** includes:

- ◆ Education on individual test results and current state of health
- ◆ 1-on-1 interaction and focused monthly follow-up with Clinical Instructors for six (6) months
- ◆ Empowering patients to set and meet new lifestyle goals
- ◆ Compelling educational and interactive resources at an online personalized 4myheart website
- ◆ Monthly email newsletter on heart health
- ◆ NO additional cost or obligation

The **4myHeart Healthy Lifestyle** is reinforced in four areas:

- ◆ Protecting the Heart Through *Food*
 - Improving quality and quantity of food choices
 - Maintaining regional food preferences
 - Provide online tools to track food intake
- ◆ Enhancing Health Through *Fitness*
 - Encourage fitness with community support
 - Set personalized goals and build upon success
 - Provide online tools to track activity
- ◆ *Medication Adherence* for Cardiovascular Health
 - Bring clarity to why medications are needed
 - Provide tips to prevent side effects
 - Assist with setting medication reminders
- ◆ Managing *Stress* for Heart Health Success
 - Identify what triggers feelings of stress
 - Encourage use of positive coping methods
 - Promote use of social support system

*Instruction for enrollment in the **4myHeart Program** will be discussed at the completion of your Wellness Program evaluation.