

4myheart Risk Reduction Program Information Sheet

The **Berkeley 4myheart Risk Reduction Program** is a interactive website that offers heart health resources, opportunities to interact with a Berkeley HeartLab Clinical Nurse Educator, your test results, and tools to record and track your progress towards achieving your health goals.

The 4myheart Program is available to all patients who have completed the initial Berkeley CV Advanced Laboratory testing and at no additional cost or obligation.

Explore the following links before my initial 4myHeart consultation with you so our meeting will be more meaningful:

[What is Heart Disease?](#)

[Why would my doctor order a Berkeley?](#)

[Test Results 101](#)

[4myheart Program](#)

[Support & FAQs](#), (including questions about Insurance Coverage & Billing)

The 4myheart Risk Reduction Program includes:

- Clinical Educators that provide information about how to reduce heart disease risk
- Personalized nutrition & exercise programs based on health history and personal goals
- Community sessions that help patients connect with each other and learn more
- [4myheart.com](#) access including the ability to view personalized Berkeley HeartLab test results, heart-healthy recipes, 4myheart Team challenges, and much more!

Click on this link for interesting testimonials:

