

The Boston Heart Lifestyle Program



**Built on science.
Personalized just for you.**

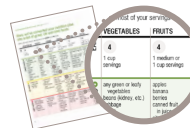
Transform your recent test results into an action plan with a **tailored lifestyle management** program at no additional cost.

Get Started At
mybostonheart.com



Personalized using over 100 attributes specific to you.

Nutrition and activity recommendations based on your test results, health history and personal goals.



Customized food list based on your likes and dislikes.

Omit food intolerances like gluten, dairy, and others. Use this guide to help choose the right foods and serving sizes.



Choice of 6 customizable eating styles.

Healthy American Vegetarian Vegan
Mediterranean Carb Controlled Paleo



Complete 7-day menu including snacks

Designed based on your preferences so you can enjoy your meals while improving your health.

TO WORK FOR YOU, IT HAS TO BE ABOUT YOU.

To learn more about the Lifestyle Program and how to get started go to
www.mybostonheart.com

Together, we can help you take control of your health.



877.425.1252 bostonheartdiagnostics.com



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