

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

Boston Heart, in collaboration with you, offers all the necessary tools to engage in making lasting lifestyle changes.

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

Each plan includes health goals, a food list and a 7-day sample menu, all based on your test results, health history and food likes and dislikes.

EXPERT SUPPORT WHEN IT'S NEEDED MOST.

Boston Heart health coaches can help further tailor your plan and they are your best resource to help stay on track in between their visits with you.

AN EFFECTIVE APPROACH TO IMPROVE YOUR HEALTH.

The majority of Boston Heart patients who enroll in the Lifestyle Program and work with a health coach, show greater improvements in their health.^{3,4}

References:

1. Hivert, M.F, Ross, Arena, Forman D, et al.; Medical Training to Achieve Competency in Lifestyle Counseling: An Essential Foundation for Prevention and Treatment of Cardiovascular Disease and Other Chronic Medical Conditions. *Circulation*. 2016;134:e308-e327.
2. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Atlanta, GA: U.S. Department of Health and Human Services; 2016.
3. Internal Data Analysis.
4. Gill R, et al. Cardiovascular Risk Factor Reduction in First Responders Resulting From an Individualized Lifestyle and Blood Test Program: A Randomized Controlled Trial. *J Occup Environ Med*. 2019 Mar;61(3):183-189



To learn more about the Lifestyle Program and how to get started, talk to your healthcare provider.

877.425.1252 bostonheartdiagnostics.com



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

The Boston Heart Lifestyle Program



Go to mybostonheart.com today to get started



The Boston Heart Lifestyle Program provides tailored lifestyle management to improve your health for the long term.

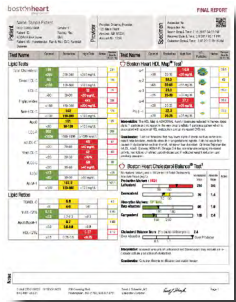


Chronic diseases and conditions such as heart disease, type 2 diabetes and obesity, **can often be prevented** by choosing healthy behaviors.^{1,2}

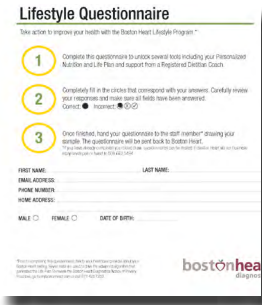
YOUR SUCCESS STARTS AT MYBOSTONHEART.COM

Boston Heart begins by using your test results, health history and food likes and dislikes, to create a **tailored nutrition plan** that is just for you.

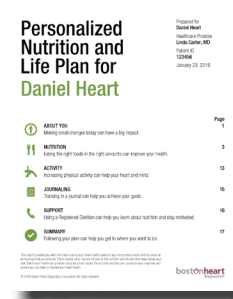
Test Results



Lifestyle Questionnaire



Life Plan



REGISTERED DIETITIANS PUT PLANS INTO ACTION.



Boston Heart health coaches partner with you to incorporate healthy changes into your daily routine.



Our health coaches provide education and support to help your stay on track with your health goals.



You can connect with our health coaches through a secure portal to improve your progress at www.mybostonheart.com. **20-minute coaching sessions are less than \$20 each.**



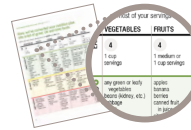
Personalized Life Plan created using over 100 attributes.

Receive calorie, nutrient, weight and activity recommendations based on your test results, health history and personal goals.



6 customizable eating styles to choose from.

- Healthy American Mediterranean
- Vegetarian Carb Controlled
- Vegan Paleo



A customized food list based on your likes and dislikes.

Omit foods, such as gluten, dairy, nuts, beef, fish, etc., and use this list as a guide when choosing the right foods and measuring the right serving sizes.



A 7-day menu that puts it all together into a week's worth of meals and snacks.

This menu is designed based on your specific eating preferences so you can hit your calorie and nutrient targets.

Tools to help get more from your plan.

Boston Heart has partnered with several companies to provide free program enhancements.



Diet ID's powerful, image-based tool provides a fun and quick way for you to assess your typical dietary intake within minutes. Includes a diet quality score, calorie intake, nutrient percentages, vitamins, minerals and much more.



A NUTRITION APP TO ENHANCE YOUR LIFE PLAN

Heali helps you make the most of your personalized plan. You can further enhance and individualize your eating plan, view over 1 million recipes, scan thousands of grocery products, and get them delivered from your local delivery service.

Latest Diet ID Assessment

