

Take the Go Red Heart CheckUp

The Go Red Heart CheckUp is an interactive online assessment tool created by the American Heart Association to help women take charge of their heart-health. Just enter your information into the Go Red Heart CheckUp questionnaire at GoRedForWomen.org, and within seconds, you'll get an easy-to-read report that evaluates your risk of having a heart attack or other cardiovascular event within the next decade. The Go Red Heart CheckUp identifies risk factors that can be changed and provides personalized action plans that you can print and use to discuss your heart-health with your doctor.

The Go Red Heart CheckUp does not provide medical advice or treatment – only your doctor can do that – but it does tell you the numbers that matter to your heart most, and is a great tool to help you take the steps necessary in being an advocate for your own heart-health.

Before going online to take the Heart CheckUp you'll need: Current readings on your total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, triglycerides, blood pressure, fasting glucose, height, weight and waist circumference. If you don't have these numbers, schedule an appointment with your doctor.

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