



# KNOWING

what matters most

## Take control of your heart health

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for both men and women in the U.S.<sup>1</sup> Having a clear picture of your heart health can help you make decisions about your health. It is the first step towards decreasing your risk of heart disease and becoming healthier.

Learn more at  
[MyChoiceIsQuest.com](https://www.MyChoiceIsQuest.com)



## Who may benefit from testing

- Men over the age of 45
- Post-menopausal women
- People with a family history of heart disease
- People who are overweight, have a lot of stress, or drink alcohol often
- Anyone with high blood pressure, diabetes, or other diseases that may increase risk



## Understand and manage your risk with heart health testing

As the leading cause of death in the United States, heart disease has the potential to affect anyone. That's why you should regularly have your lipid panel tested to evaluate your cholesterol levels.

But did you know that traditional cholesterol tests can fail to predict heart disease in up to 50% of patients?<sup>2</sup> That's why it may be helpful to ask your doctor for a more complete picture of your heart health, rather than relying on a single test.

To help you and your doctor better understand your true risk for heart disease, Quest Diagnostics offers Cardio IQ<sup>®</sup> advanced lipid and inflammation testing.

### Why you should get tested

- Cardio IQ tests can show if you have hidden risk for heart disease
- Cardio IQ tests can show if your lifestyle changes, like exercise and diet, are working to lower your risk of heart disease
- If you're taking medication, the test can show if it's effective
- Once you have had a Cardio IQ test, you can participate in the 4myheart<sup>®</sup> program. This program provides support and education to help you achieve a more heart-healthy lifestyle and live life to the fullest.

### Get started today

Ask your doctor about Cardio IQ testing by Quest Diagnostics



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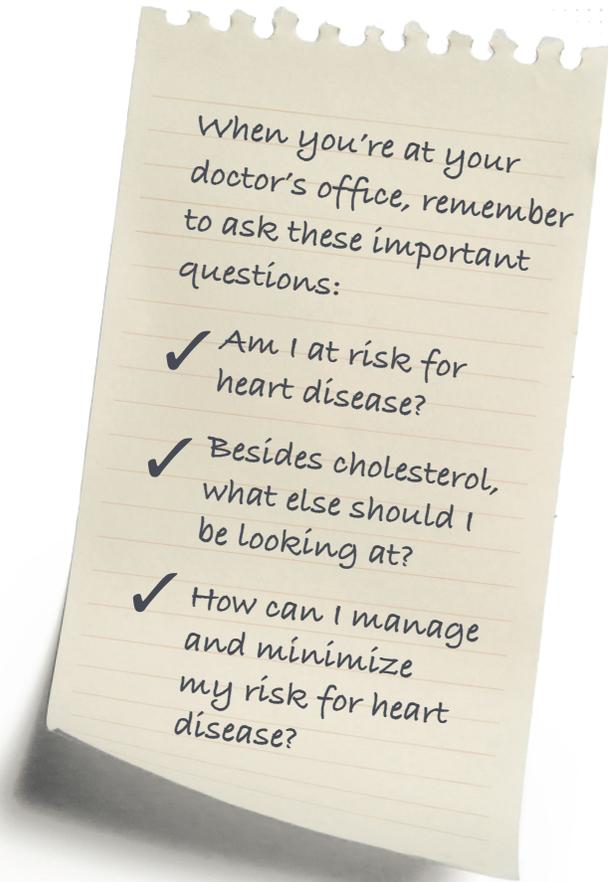
#### References

1. Centers for Disease Control and Prevention (CDC). Heart Disease. Heart disease facts. <https://www.cdc.gov/heartdisease/facts.htm>. Updated November 28, 2017. Accessed April 16, 2018.
2. Félix-Redondo F, Grau m, Fernández-Bergés D. Cholesterol and cardiovascular disease in the elderly. *Aging Dis*. 2013 Jun; 4(3): 154-159.

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### Good health starts with KNOWING

The next time your doctor orders blood testing, let them know that you'd like to go to one of the Quest Diagnostics Patient Service Centers in your neighborhood. Take advantage of our convenient locations, minimal wait times, professional staff, fast turnaround, and online test results.

### MyQuest™

MyQuest helps make healthcare convenient, letting you get your test results online from any device, quickly schedule Quest Diagnostics appointments, and much more. To sign up for MyQuest visit [QuestDiagnostics.com/MyQuest](https://QuestDiagnostics.com/MyQuest).