KNOW YOUR RISK

What does your heart risk score mean?

Your 10-year *PREVENT-ASCVD* risk score estimates your chance of a heart attack or stroke in the next 10 years.

For example, 5% means about 5 out of 100 people with similar risk factors may have an event in 10 years.

LOW | Less than 3%
Healthy habits are the foundation.

BORDERLINE | 3% to 5%
Discuss whether cholesterol medicine could help.

INTERMEDIATE | 5% to 10%
Medicine is recommended after discussing benefits and risks.

HIGH | 10% or more
Medicine plus healthy habits are strongly recommended.

MY 10-YEAR ASCVD RISK: _____ %

YOUR SCORE IS ONLY PART OF THE PICTURE.
Prior heart disease, very high LDL, diabetes, kidney disease, & family history can change your plan.

SMALL STEPS EVERY DAY

Lower cholesterol, protect your heart.

SWAP YOUR FATS

Use olive or canola oil instead of butter or coconut oil. Choose beans, fish or tofu more often than fatty or processed meats.

ADD FIBER EVERY DAY

Try oatmeal at breakfast, beans or lentils in soup, and fruit or vegetables with meals.

BUILD UP YOUR MOVEMENT

Aim for 150 minutes a week of brisk walking or similar activity. Try 30 minutes, 5 days a week. Start with a 5-10 minute walk.

KEEP YOUR CARE PLAN

Take cholesterol medicine as prescribed. Healthy habits and medicine work together.

My next step:

More heart-health tips:
AHA Life's Essential 8

Sources: AHA Diet & Lifestyle; NHLBI TLC; 2026 ACC/AHA guideline. Reviewed Oct 2026.