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Know Your Numbers: Do you know your Heartscore?



Denver, CO, February 6, 2009– Social Security number, ATM pin number, Credit Card number, all those passwords... There are so many things to remember that there are techniques on how to remember all the numbers! The one number you probably don't know is your Heartscore. The American Heart Association Denver and the HealthONE family of hospitals team up to offer you the ONE number that can save your life.

The Heartscore is a rating you receive after taking the FREE online heart health quiz [at www.GetMyHeartScore.com] to assess if you are at low, moderate, high or critical risk for heart disease. The 8-minute evaluation is confidential and provides an opportunity to discuss your results, your Heartscore, in a FREE one-on-one consultation with a HealthONE nurse.

Join the American Heart Association and HealthONE in the fight against heart disease; the No. 1 killer in the United States. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. Education – and action – can save mothers, fathers, best friends and brothers, sisters, and co-workers everywhere.

As the American Heart Association's Denver Heart Champion, HealthONE is committed to our mission of working with our community to make lasting change happen. This means they are working with the American Heart Association to educate the public on the importance of knowing their numbers and understanding the risk factors related to heart disease. Although heart disease deaths have declined, risk factors such as obesity and diabetes are on the rise. As the Denver Heart Champion, HealthONE is dedicated to creating awareness and tangible educational tools for the general public to use—in an effort to reverse these current trends and help metro Denver cut heart attacks in half within the next 10 years.

Half who die of heart attacks won't even know they were at risk! Know the warning signs for heart disease, but also know your risk—Take the HealthONE Heartscore online risk assessment today. www.GetMyHeartScore.com

About the American Heart Association

Since 1924, the [American Heart Association](http://www.AmericanHeartAssociation.org) has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the nation's No. 1 and No. 3 killers, and other cardiovascular diseases, claim nearly a million American lives a year. The association invested more than \$140 million in 2006-2007 for research, professional and public education and advocacy so people across America can learn to reduce their risk and live stronger, longer lives.

About HealthONE

HealthONE is the largest healthcare system in the metro Denver area with 8,500 employees and 3,000 affiliated physicians. Named Colorado's "Best Company for Working Families" – large business category (2004, 2005, 2006), the health system was created in 1995 as a 50/50 joint venture between non-profit The Colorado Health Foundation (formerly HealthONE Alliance), Colorado's second largest charitable foundation, and various affiliates of HCA. **HealthONE includes:** The Medical Center of Aurora and Centennial Medical Plaza; North Suburban Medical Center; Presbyterian/St. Luke's Medical Center and Rocky Mountain Hospital for Children; Rose Medical Center; Sky Ridge Medical Center; Spalding Rehabilitation Hospital; Swedish Medical Center and Swedish Southwest ER; 11 ambulatory surgical centers; more than 30 occupational medicine/rehabilitation, Broncos Sports Medicine, specialty, and outpatient diagnostic imaging clinics; and AIRLIFE, which provides critical care air and ground transportation for an eight-state region.