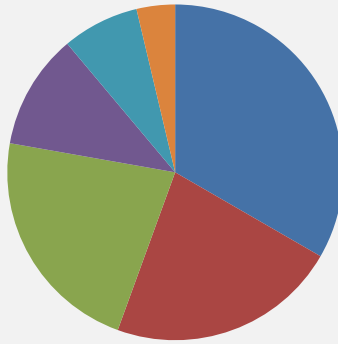


Q1. Are you at risk for cardiac disease?



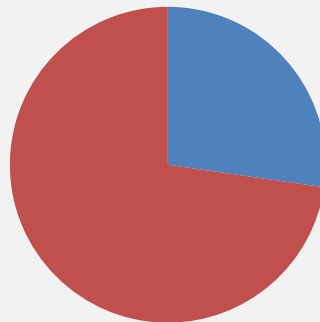
■ Overweight ■ Family history of heart disease ■ Frequent high stress levels
■ High blood pressure ■ Physical inactivity ■ High cholesterol

Q2. If you have checked yes to any of these, have you talked with your doctor about heart health?



■ Yes ■ No ■ I plan to

Q3. Would you like some assistance from the Wellness Center staff to lower your cardiac risk?



■ Yes ■ No