

# Healthy Heart Score



## What is a Healthy Heart Score?

Your Healthy Heart Score is a personalised indicator of your heart health. It shows your current heart health and if anything you are doing at the moment is causing long-term damage to your heart.

## Why do I need a Healthy Heart Score?

Your Healthy Heart Score unlocks your Momentum product rewards - Myriad, Health and FundsAtWork.

Active Dayz + Healthy Heart Score + Status = Rewards

## What do I need to do?



## Where do I book my free assessment?

- 1 Dis-Chem
- 2 Pick n Pay Pharmacy
- 3 Clicks Pharmacy
- 4 Multiply-approved\* pharmacies
- 5 Corporate Wellness Days
- 6 Approved health professionals (find a list on [multiply.co.za](https://multiply.co.za))

**Note:** If you go for your health assessment at your GP, you will have to pay a consultation fee and remember to submit your results to [multiply@momentum.co.za](mailto:multiply@momentum.co.za).

## What will the health assessment measure?

The Healthy Heart Score is calculated based on the results of your health assessment, and takes your gender and age into account.

- 1 Cholesterol
- 2 Blood pressure
- 3 Glucose
- 4 Smoking status
- 5 Body composition (height, weight and waist circumference)

## How often do I need to go?

Once a year because your Healthy Heart Score is valid for one year. Your first health assessment is free but you can have more done at your own cost.

## How healthy is my heart?

Results from your completed health assessment together with your smoking status will be used to calculate your Healthy Heart Score and identify which category your heart health falls in.

### Points Healthy Heart Score

30

You get 30 points just for doing your health assessment, with more points for your Healthy Heart Score result

70

**Green** Congratulations! Keep it up.

30

**Amber** You should take small steps to improve your health.

-

**Red** Take serious action to improve your health.

## Maintain your health measurements at acceptable ranges



### Maintain your blood pressure

High blood pressure puts extra strain on your arteries and heart.

- Try to train for at least 150 minutes per week at a moderate to vigorous level of intensity
- Try to eat at least 30g of fibre and five portions of fruit and vegetables every day
- Avoid adding salt to your food – while cooking and at the table. An adult needs less than a teaspoon of salt a day
- If you don't drink, don't start. If you do, drink moderately – no more than two units per day
- Get at least seven hours of sleep a night



### Improve your cholesterol

Good cholesterol builds cells, regulates your metabolism and hormones and produces Vitamin D.

- Try to train for at least 150 minutes per week at a moderate to vigorous level of intensity
- Avoid saturated fats, like baked and fried goods
- Choose unsaturated fats like vegetables, olives, nuts and seeds
- Choose omega fatty acids, like salmon, nuts and avocados
- Increase intake of fibrous vegetables and other healthy sources of fibre
- Don't smoke



### Maintain your glucose

Glucose gives your body energy to function well.

- Maintain a healthy weight through regular physical activity and by eating a balanced diet low in added sugar
- Try to train for at least 150 minutes per week at a moderate to vigorous level of intensity
- Reduce sugar in your diet to less than 7 teaspoons of added sugar (i.e. 30g) a day. One can of regular soda, alone, contains 39g of sugar
- If you don't drink, don't start. If you do, drink moderately - no more than two units per day



### Body fat percentage

Essential body fat is necessary to maintain life and reproductive functions.

- Try to train for at least 150 minutes per week at a moderate to vigorous level of intensity
- Increase intake of fibrous vegetables and other healthy sources of fibre
- Identify and aim to limit foods which contain excessive calories
- Drink at least 2 litres of water per day



### Don't smoke

Smoking is one of the main causes of heart disease. One year after giving up smoking, your risk of a heart attack falls to about half of a smoker's risk.