

## Did you give your heart some love?



Please answer the following questions and return to [<insert location>](#).

1. Was the program delivered in a manner that made it fun and engaging?
2. Did the program provide you with more information on the topic of 'Heart Disease'?
3. Do you better appreciate the modifiable risk factors of heart disease?
4. Can you see yourself using the practical tips provided, to decrease your risk of heart disease?
5. Did you try a lifestyle change that you found particularly rewarding and easy to incorporate into your life?
6. Do you feel encouraged to make long-term lifestyle changes?
7. Do you now feel empowered with health education to make informed decisions about your health?



The information and materials included in MetLife's Health and Wellness Information Library, including all toolkits, modules, template communications, text, charts, graphics and other materials, (collectively, the "Content") are intended to provide general guidance on health and wellness matters and are not, and should not be relied on as, medical advice. While the Content is based on resources that MetLife believes to be well-documented, MetLife is not responsible for the accuracy of the Content, and you rely on the Content at your own risk. Each person's condition and health circumstances are unique, and therefore the Content may not apply to you. The Content is not a substitute for professional medical advice. You should always consult your licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.