

Sit down. Go online.

Prevent a heart attack.

Know Your Heart is designed to save lives through early detection and prevention. You may have heart disease and not know it. In fact, most Americans first find out in the emergency room. Don't wait. Go to www.pimaheart.com and click on the "Know Your Heart" web button. It's free. It's confidential. It just may save your life.



For your convenience we are located in the following areas:

East
4729 E Camp Lowell Rd
(520) 321-4800

Green Valley
1055 N La Canada Dr, Suite 121
(520) 648-1139

Nogales
480 Morley Ave
(520) 287-5728

Northwest
6130 N La Cholla Blvd, Suite 250
(520) 297-9060

Oro Valley
1521 E Tangerine Rd, Suite 325
(520) 742-1533

Tucson Heart Center
4892 N Stone Ave, Suite 100
(520) 696-4780

West
445 N Silverbell Rd, Suite 200
(520) 624-8935

Southern Arizona Locations:
Benson ♥ Cardiac Care Center ♥ Continental Reserve
♥ Douglas ♥ Sierra Vista ♥ Marana ♥ Rita Ranch
♥ Safford ♥ Willcox



Give us
ten minutes.

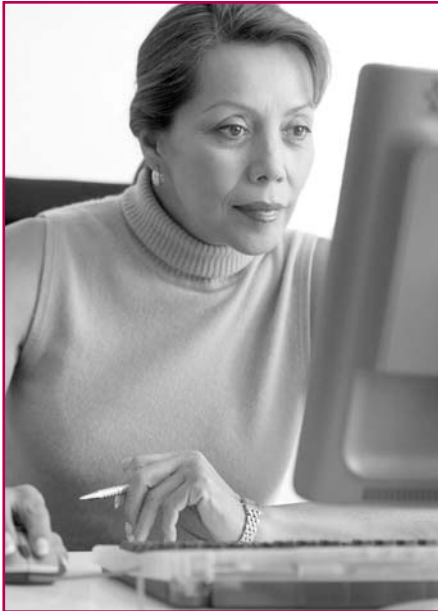
We'll give you
ten years.

You may believe that you do not have heart disease because you have no symptoms. You are not alone. 30% of patients with heart disease show their first symptom as sudden death.



**DON'T BE A STATISTIC!
TAKE THE KNOW YOUR HEART
10 MINUTE CARDIAC RISK
ASSESSMENT TODAY**

Take a ten-minute online heart assessment, and learn your risk of cardiovascular disease. It's free. It's specific to you. It makes sense.



Fact

Cardiovascular disease is the number one killer in America. 13.5 million people have it today, and it will cause almost half the deaths this year. What are the best weapons we have to fight it?

1. Knowledge

Pima Heart has partnered with the North American Heart Risk Study to improve the cardiovascular health of our community. You know a lot of numbers by heart. Here's one more that could save your life. Know your cardiovascular risk score and what you can do to improve it by answering some simple questions. It's up to you.

2. Prevention

Unlike some diseases, cardiovascular disease can largely be predicted and prevented. That's why we say, "Know Your Heart". Learn exactly what you can do to lower your risks. The risk assessment takes about ten minutes to complete. It's personal, it's private, and it's absolutely free.

3. Action

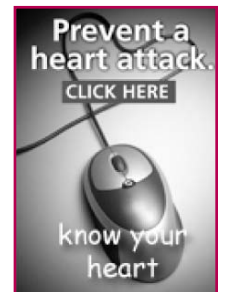
The online risk assessment will provide an immediate score and information to help evaluate your present condition. Those at high risk

Take the test. It's simple.
It's Free. It may save your life.

may be invited to participate in the free 1:1 assessment with a Cardiac Nurse. Take your results seriously. We highly encourage eligible persons to enroll in the RN screening. Any action you take today to modify your risk of heart disease will pay dividends well into the future. But don't just read about it...

4. Know Your Risk

Go ahead and log on. Learn your risk of cardiovascular disease. Nothing could be simpler. It's your chance to find out what you need to know, and what you need to do. If you or someone you love might be at risk, take ten minutes today. It may be the best investment you'll ever make.



Go to www.pimaheart.com and click on the "Know Your Heart" web button. It's that simple.