

There For You

Heart attack patients need reassurance and support to move forward.

This direction highlights the personal help you get through my 4 weeks program through accessible friendly language and visual design.

What if Encouragement & Support



Were always this close?

Just what you need to take control after a heart attack: a partner. With My4Weeks, you'll talk, text and email with a live coach who will understand your unique needs and feelings, then provide emotional support and helpful information that are right for you. All through an app on your phone or tablet.

TEXT My4Wks TO 428428. MY4WEEKS.COM. 999-999-9999.



MY 4 WEEKS

A photograph of two men fishing on a paved path. The man on the left is wearing a blue jacket and a hat, holding a fishing rod and a hat. The man on the right is wearing a grey jacket and a green hat, holding a fishing rod. A large, white, hand-drawn outline of a smartphone is superimposed over the men, with a small circle at the bottom center. The background shows trees and a grassy area.

A place to turn
when the operation
is over
but the
healing isn't.

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MY 4 WEEKS

Just because you're leaving the hospital




doesn't mean you're leaving alone.

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MY 4 WEEKS



you can
Download anything
these days

Let's start
with peace of mind.

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MY 4 WEEKS

In Your Head

Whatever is keeping you up at night, let us put your mind at ease. Your M4W counselor will support and encourage you after your heart attack so you can move on.

I'M EXCITED TO GET BACK
TO WORK I'M SCARED
TO GET BACK TO WORK
SHOULD I EVEN BE WORKING
WHAT IF I CAN'T LIFT ANYTHING
DO THEY KNOW WHY I WAS
OUT WHAT'S THE BEST
WAY TO EASE BACK IN CAN I
STILL EAT LUNCH WITH
THE GUYS IT'LL BE GREAT
TO SEE BILL AGAIN I
DON'T KNOW WHAT TO
DO WHATS THE BEST WAY

After a heart attack your feelings may vary. But our encouragement and support never do.

A heart attack can not only take its toll physically, it can also send you on an emotional roller coaster ride. At My4Weeks, we'll give you the emotional support and information you need, no matter how you're feeling. Starting with a personal coach who will build a strong relationship with you and tailor

programs in life counseling, goal setting and medication adherence – all through an app on your phone. And while your emotions may change over the next four weeks, our high level of support and reassurance never will.

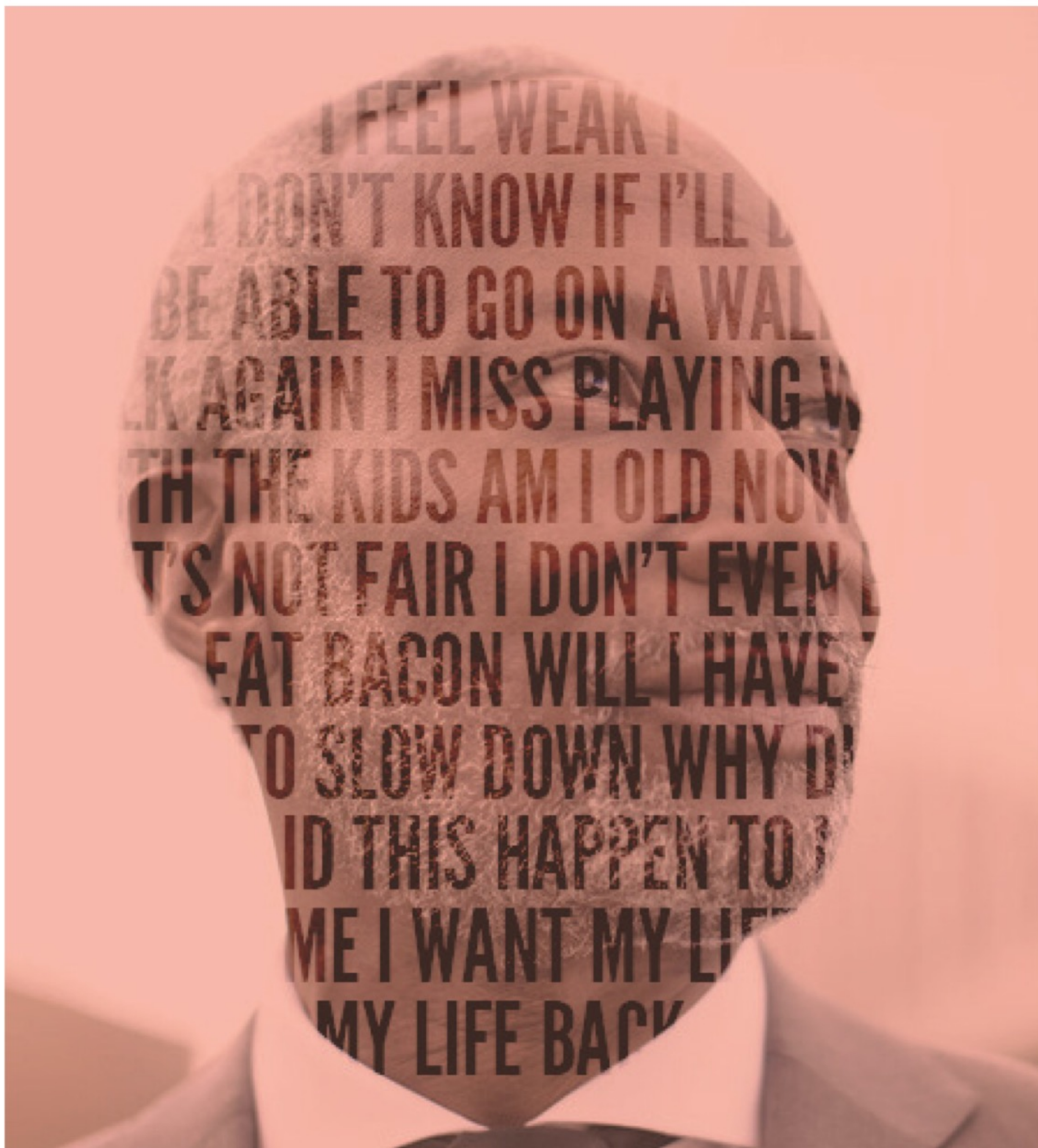


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can't wait to play
with the kids after school
again. Maybe I'll dust off the
old bike. Heck yeah, I'm going
back to my favorite eatery,
— but I'll pass on the fries
(Can't wait to review this
week's goals with Coach
(feels good to smile,
Again. Time to rejoin
the book
Club.

Just what you need after a heart attack.
A coach you can count on. The confidence to move on.



My4Weeks gives you the reassurance, encouragement and motivation to move on after a heart attack. You'll talk, text and email with a live coach who will understand your unique needs and feelings, then provide emotional support and helpful information that are right for you. Together, you'll set goals and chart the small steps you can take each day. All through an app for your phone or tablet.

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How To

Getting the help you need after a heart attack isn't complicated. In fact, just a few easy (and friendly) steps can have you on your way to feeling better.

HOW TO MOVE ON AFTER A HEART ATTACK



1

LOCATE YOUR INDEX FINGER

...and use it to call, swipe, or click My4Weeks.



2

TALK IT OUT

.....with an encouraging, supportive coach, who can help with everything from setting a regular medication schedule to building confidence.



3

MOVE SOMETHING

...anything. It'll keep your body and mind in tune. Your coach can suggest small steps within your doctor's guidelines—like taking a walk break.



4

GIVE YOURSELF A HAND

...you're getting the emotional support and information you need to keep taking small steps beyond your heart attack.



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