

Identify Your Potential **AFib** Risks



Know Your Risk for Stroke My Risk Snapshot

Enter your information below to help you understand your risk for stroke. Talk with your health care professional about your CHA₂DS₂-VASc score and treatment plans.

CHA₂DS₂-VASc Factors Increase Stroke Risk

Consider your health history and answer the following questions:

CHA ₂ DS ₂ -VASc Factors	Yes	No
Congestive Heart Failure Do you have congestive heart failure?	+1	
Hypertension Do you have high blood pressure?	+1	
Age Are you 75 years or older?	+2	
Diabetes Do you have diabetes?	+1	
Stroke Have you had a stroke or do you show signs of having a transient ischemic attack (TIA), or "warning stroke"?	+2	
Vascular Disease Do you have a history of vascular disease such as peripheral artery disease (PAD), myocardial infarction, coronary artery disease (CAD), or aortic plaque?	+1	
Age Are you 65 to 74 years old?	+1	
Sex category Are you female?	+1	
Total Points	<input type="text"/>	

CHA₂DS₂-VASc Factors Risk Level

Circle the number that matches the total risk points from the Yes column.



Always check with your doctor to verify your risk score. Guidelines recommend blood thinner medications for people who have added risks. "Blood thinner" is a common term for anticoagulant medication that reduces the blood's ability to form a clot that can cause a stroke.

No matter your score, it's important to make this decision together with your health care professional evaluating all potential risks.

- 0** People who score 0 don't usually need blood thinners.
- 1** People who score a 1 may or may not need blood thinners.
- 2-3+** Blood thinners are recommended for men who score 2 or more and women who score 3 or more.

Note: This self-check tool doesn't replace the risk assessment you need to complete with your health care professional. This tool helps you see which health factors can add to your risks. The higher your levels, the higher your risk for stroke.

Learn more about AFib treatment guidelines at [Heart.org/AFib](https://www.heart.org/AFib).