



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®



# Heart & Stroke Helper™ App

The American Stroke Association is excited to launch the **Heart & Stroke Helper** — a free self management app for people with stroke or their caregivers:

- Track progress on lifestyle habits
- Track health numbers
- Manage medications
- Receive trusted information about stroke
- Earn badges for engaging in healthy habits
- Connect with others for inspiration

With these features, the **Heart & Stroke Helper** is a tool for patients to better manage their health all in one place.

Scan to download or visit [stroke.org/StrokeHelper](https://stroke.org/StrokeHelper).



After you have enrolled in **Heart & Stroke Helper**:

- » Go to “Health Journey” under your Profile and choose “Stroke” in order to receive trusted stroke information.
- » Click on the ambulance icon in the lower right corner of your home screen and then choose “HCA Healthcare” as your hospital system. Then choose your hospital.

For more information email [helperapp@heart.org](mailto:helperapp@heart.org).

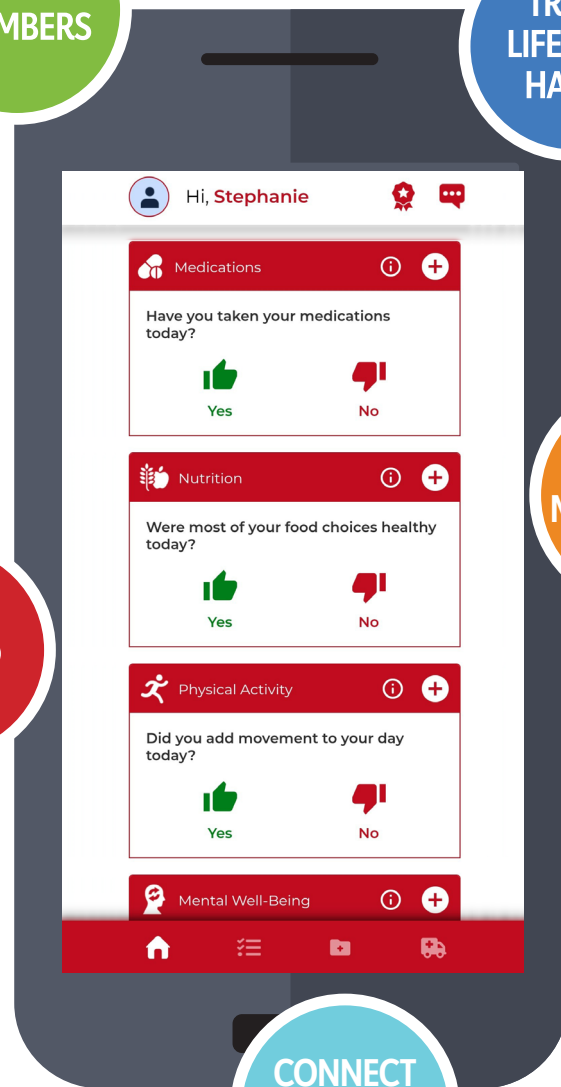
TRACK  
NUMBERS

TRACK  
LIFESTYLE  
HABITS

MANAGE  
MEDICATIONS

RECEIVE  
TRUSTED  
INFO

CONNECT  
WITH  
OTHERS



**HCA Healthcare®**  
**FOUNDATION**

The HCA Healthcare Foundation is the national sponsor of Together to End Stroke®.