



## Follow Your Heart with Welch's Family Vine Tool

Diet and exercise affect your heart health, but so do your genes. That's why it's important to understand your family's heart health history. Welch's is providing you with an online tool to record and share your family's heart health history with loved ones.

Since heart health is often impacted by other medical and nutrition factors, it's important to assess overall health with your personal doctor or trusted healthcare provider. We encourage you to review this information and discuss this resource with these health professionals.

This internet-based tool, available at [welchsfamilyvinetool.com](http://welchsfamilyvinetool.com), makes it easy to record and assemble your family's heart health history.



### Using the Welch's Family Vine Tool you can:

- Enter your family health history easily, in only 15-20 minutes.
- Print your family health history to share with family or your healthcare provider.
- Save your family health history to a personal computer so you can update it over time.
- Use the health history you create to have more productive and proactive conversations with your doctor, dietitian or other health professional, to better identify potential risks and look for early warning signs of health-related issues.

Before you begin, try to make a list of immediate relatives – parents, brothers and sisters – and talk to your family about the importance of collecting your heart health history.

**Get started today by visiting [welchsfamilyvinetool.com](http://welchsfamilyvinetool.com).**

**Privacy Note:** Based on a tool developed by the Office of the Surgeon General and the National Human Genome Research Institute, a part of the National Institutes of Health, Department of Health and Human Services, the Welch's Family Vine Tool provides a simple way to capture and record essential health information in order to facilitate important conversations with family members and healthcare providers. The information can be saved to one's personal computer at the end of the questionnaire. **To protect one's privacy**, Welch's will not retain any of the information submitted.

