



MedStar Health

Do you know your Heart Age?

Take a free heart risk quiz to understand your heart age and risk for heart attack or stroke.



Text **HEART** to **410-680-3337** or scan this QR code to take the quiz now.





MedStar Health

Early lung cancer detection **saves lives.**



Take our free lung risk assessment to see if you are eligible for a low-dose CT lung scan.

Text **LUNG** to **410-680-3337** or scan this QR code to take the quiz now.





MedStar Health

MedStar Health Community Health

Are you at risk for diabetes? **Take the risk test today!**



The key to prevention is knowing your risk. Take a quick and simple quiz to determine your risk for diabetes. It only takes 60 seconds to learn if you or a loved one is at risk for Type 2 diabetes.

The quiz is powered by the American Diabetes Association.

Visit [MedStarHealth.org/Type2Quiz](https://www.MedStarHealth.org/Type2Quiz) or scan the QR code to take the quiz today.

**It's how we
treat people.**