

## Do you know your Heart Age?

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

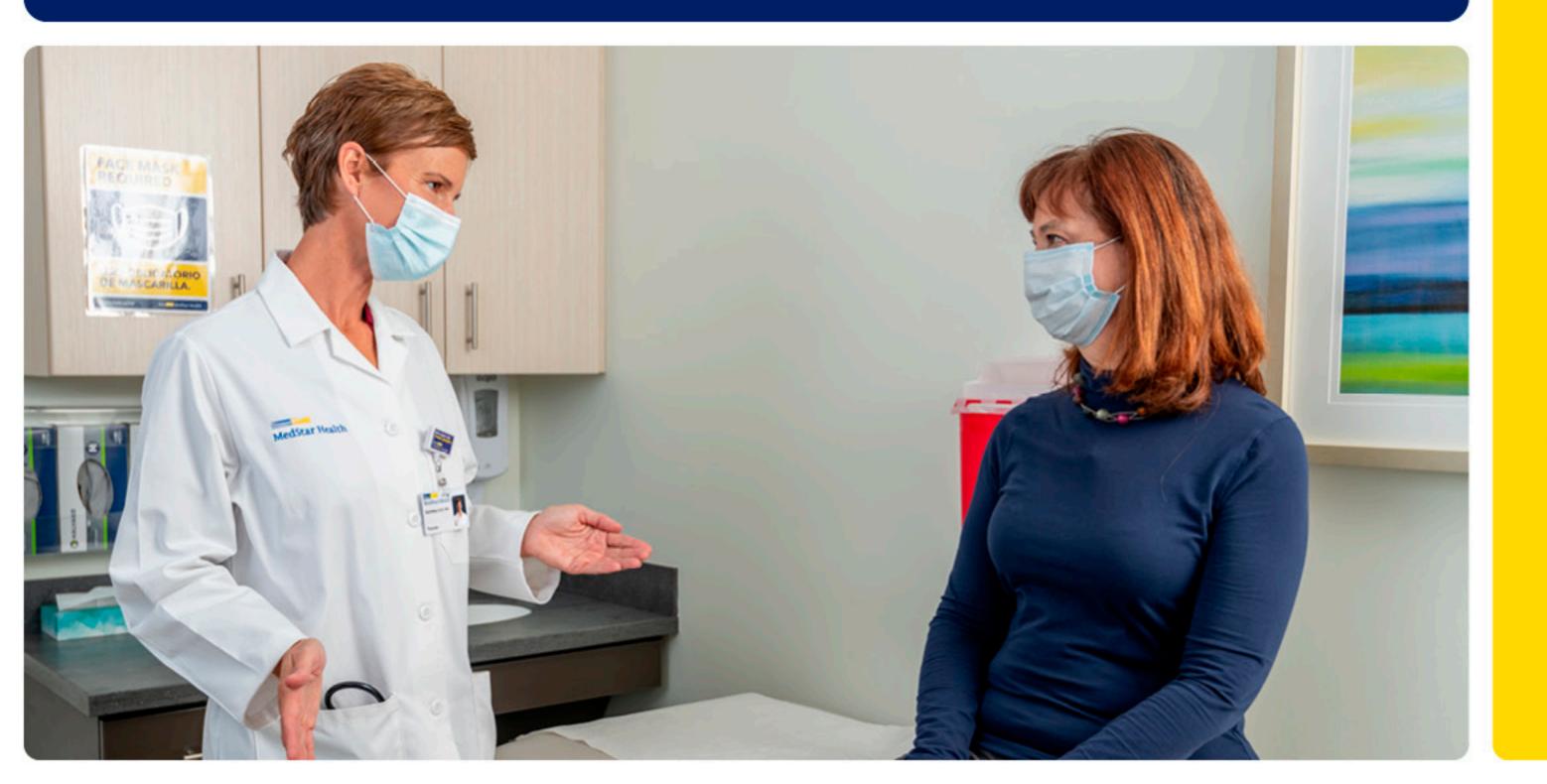


Text **HEART** to **410-680-3337** or scan this QR code to take the quiz now.





## 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.



## 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 guiz is powered by the American Diabetes Association.

Visit MedStarHealth.org/Type2Quiz or scan the QR code to take the quiz today.

It's how we treat people.