



# CardioSmart<sup>®</sup>

American College of Cardiology

Put your **Heart Health** to the **Text**.



### **CardioSmartTXT™ PREVENT**

Text **PREVENT** to **CARDIO (227346)**

Receive two text messages a week providing you with practical tips, advice and daily reminders about preventing heart disease.

**PREVENT** will be your partner in improving cardiovascular health.



### **CardioSmartTXT™ QUIT**

Text **QUIT** to **CARDIO (227346)**

Receive text messages before and after your desired quit date to help you quit and stay off of cigarettes. **QUIT** will be your partner in smoking cessation.



### **CardioSmartTXT™ DEJA**

Text **DEJA** to **CARDIO (227346)**

Reciba mensajes de texto antes y después de su fecha para dejar de fumar, para ayudarle a dejar y mantenerse lejos de los cigarrillos. **DEJA** será su colaborador en la cesación de fumar.

Visit [www.CardioSmart.org/Text](http://www.CardioSmart.org/Text)  
for more information.

*CardioSmartTXT is made possible thanks to grants from The Coca-Cola Company and Subway.*

