

**HEALTHY HEART PACKET
WARRANTY • TIPS • LOGBOOK**

**TROUSSE DE SANTÉ CARDIOVASCULAIRE
GARANTIE • CONSEILS
CARNET DE RÉSULTATS**

**PAQUETE DE CORAZÓN SALUDABLE
GARANTÍA • CONSEJOS
REGISTRO DE LA PRESIÓN ARTERIAL**

LIFE SOURCE[®]



LIFE SOURCE[®]

Thank you for selecting a LifeSource product. We are pleased that you have taken this important step in protecting your good health. Since 1977, A&D Medical has been recognized around the world as a caring partner in home health monitoring by providing accurate, reliable, easy-to-use products.

Inside this book, you will find warranty information, Healthy Heart Tips and a four week blood pressure logbook to help you keep track of your daily blood pressure measurements.

Please call our toll free LifeSource Health Line at 1-888-726-9966 or visit our web site at www.LifeSourceOnline.com to register your warranty online or if you need assistance or have questions or comments about LifeSource products (in Canada, contact Auto Control at 1-800-461-0991).

In USA (Toll-Free) 1-888-726-9966

In Canada (Toll-Free) 1-800-461-0991

www.LifeSourceOnline.com

Consumer Health Line
Ligne santé aux consommateurs
Línea de salud para el consumidor

In USA (Toll-Free) / En EE.UU. (llamada gratis): 1-888-726-9966
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Healthy Heart Tips

Heart disease is a leading cause of death for both men and women in North America. In the United States alone, almost 500,000 people die every year from heart attacks that are the result of coronary heart disease.

Risk factors are the conditions or behaviors that increase a person's chance of developing heart disease. Some of these factors are controllable while others are uncontrollable. Controllable risk factors include high blood pressure, high cholesterol, smoking, weight, physical inactivity, diabetes and stress.

- Cholesterol and fat both contribute to the clogging of the arteries.**
- High blood pressure and smoking can double the chance of developing heart disease.**
- Physical inactivity and obesity often cause high cholesterol and high blood pressure, which in turn increase the chances of developing heart disease.**
- Diabetes can cause high blood pressure, high cholesterol and obesity, and greatly increases the risk of heart failure.**

How to Maintain a Healthy Heart

One of the keys to a healthy heart is to maintain a normal or optimal level of blood pressure. Healthcare professionals recommend a few basic proactive steps:

- 1. Maintain a low-fat healthy diet with fruits, vegetables and low-fat dairy foods.**
- 2. Prepare and eat foods with less salt to reduce your salt intake.**
- 3. Maintain optimal weight in relation to your height and age.**
- 4. Stay physically active daily.**
- 5. Drink caffeinated and alcoholic beverages in moderation.**
- 6. Do not smoke.**
- 7. Monitor your blood pressure regularly.**

Note: Always consult your physician before making any lifestyle changes.

Visit the LifeSource web site for personal blood pressure and weight tracking tools to help you reach your goals at www.LifeSourceOnline.com. In Canada, visit www.autocontrol.com.

LifeSource – Designed for Life.

BLOOD PRESSURE MONITOR LOGBOOK

Take Charge of Your Health

Monitoring your blood pressure is a valuable tool in managing your overall cardiovascular health and is an important step in taking charge of your well being. Your state-of-the-art LifeSource monitor is designed to make measuring your blood pressure an easy and convenient daily activity.

The purpose of this logbook is to provide you with a record of results of your blood pressure monitoring and to help you and your doctor spot changes in your health as early as possible. Follow the simple instructions and share the book with your doctor. When you have completed this logbook, go to www.LifeSourceOnline.com to get free additional logbook journals online.

Thank you for choosing a LifeSource monitor from A&D Medical. We are proud to be partners in your health.

Follow These Easy Instructions

- 1 Read the instructions that came with your LifeSource monitor and follow them closely when taking your blood pressure.
- 2 In this logbook, record your systolic pressure in the space marked “S” and your diastolic reading in the space marked “D”.
- 3 If your monitor provides a pulse reading, note that in the space marked “♥ P”.
- 4 Record any useful information such as changes in diet, exercise, stress or anxiety levels in the area titled “Notes”.

3	S	2	♥ P	S	♥ P
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		5	AM/PM		AM/PM
Notes/Notas 4					

- 5 You should record your blood pressure at least one time per day, at the same time. In the logbook, mark the time you measure your blood pressure in the space below the diastolic reading. The logbook can accommodate up to three readings a day.

Weekly Notes/Notes de la semaine/Notas Semanales



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S	♥ P	S	♥ P	S	♥ P
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Notes/Notas

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Notes/Notas

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Notes/Notas

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Notes/Notas

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Notes/Notas

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Notes/Notas

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Notes/Notas

Weekly Notes/Notes de la semaine/Notas Semanales



WEEK 2
SEMANA 2
SEMAINE 2

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Notes/Notas

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Notes/Notas

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Notes/Notas

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S	♥ P	S	♥ P	S	♥ P
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Notes/Notas

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D		D		D	
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Notes/Notas

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Notes/Notas

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Notes/Notas

Weekly Notes/Notes de la semaine/Notas Semanales



WEEK 5
SEMANA 5
SEMAINE 5

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Notes/Notas

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Notes/Notas

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Notes/Notas

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Notes/Notas

7

S	♥ P	S	♥ P	S	♥ P
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Notes/Notas

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**If you have any warranty or service questions please visit
Si vous avez des questions concernant la garantie ou le service, s.v.p. visiter
Si usted tiene alguna garantía o preguntas de servicio por favor visite
www.LifeSourceOnline.com**

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MEDGUARD®

Professional Healthcare Supplies



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LIFE SOURCE®

The logo features the words "LIFE SOURCE" in a blue, serif font. A horizontal line is positioned below the text, with a stylized ECG (heart rate) line segment that dips down and then rises up, passing through the space between "LIFE" and "SOURCE". A registered trademark symbol (®) is located at the top right of the word "SOURCE". The entire logo is centered within a thick, dark blue rectangular border.