

Healthy Heart Score

What is a Healthy Heart Score?

Your Healthy Heart Score is a personalised indicator of your heart health. It shows your current heart health and if anything you are doing at the moment is causing long-term damage to your heart.

Why do I need a Healthy Heart Score?

Your Healthy Heart Score unlocks your Momentum product rewards - Myriad, Health and FundsAtWork.

Active Dayz™ + Healthy Heart Score + Status = Rewards

What do I need to do?



Where do I book my free assessment?

- 1 Dis-Chem
- 2 Pick n Pay Pharmacy
- 3 Clicks Pharmacy
- 4 Multiply approved* pharmacies
- 5 Corporate Wellness Days
- 6 Approved* biokineticist

Note: If you go for your health assessment at your GP, you will have to pay a consultation fee and remember to submit your results to multiply@momentum.co.za.

* Find the list of our approved pharmacies and biokineticists on multiply.co.za

What will the health assessment measure?

The Healthy Heart Score is calculated based on the results of your health assessment, and takes your gender and age into account.

- 1 Cholesterol
- 2 Blood pressure
- 3 Glucose
- 4 Smoking status
- 5 Body fat % (height, weight and waist circumference)

How often do I need to go?

Once a year because your Healthy Heart Score is valid for one year. Your first health assessment is free but you can have more done at your own cost.

How healthy is my heart?

Results from your completed health assessment together with your smoking status will be used to calculate your Healthy Heart Score and identify which category your heart health falls in.

| Points | Healthy Heart Score |
|--------|---|
| 100 | Green Congrats! Keep it up. |
| 60 | Amber You're okay, but you need to monitor your risk factors. |
| 30 | Red Take action now to improve your health. |

Maintain your health measurements at acceptable ranges



Maintain your blood pressure

High blood pressure puts extra strain on your arteries and heart.

- Train at least 30 min a day, 3 times a week
- Try to eat at least 30g of fibre and five portions of fruit and vegetables every day
- Avoid adding salt to your food – while cooking and at the table. An adult needs less than a teaspoon of salt a day
- Drink moderately and limit your alcohol intake to 14 units per week
- Get at least six hours of sleep a night



Improve your cholesterol

Good cholesterol builds cells, regulates your metabolism and hormones and produces Vitamin D.

- Train at least 30 min a day, 3 times a week
- Avoid saturated fats, like red meat and baked and fried goods
- Choose unsaturated fats like vegetables, olives, nuts and seeds
- Choose omega fatty acids, like salmon, nuts and avocados
- Increase your fibre intake with oats, fruit, beans, lentils and vegetables
- Don't smoke



Maintain your glucose

Glucose gives your body energy to function well.

- Maintain a healthy weight through regular physical activity and by eating a balanced diet low in fat and added sugar
- Train at least 30 min a day, 3 times a week
- Eat plenty of starchy carbohydrates with a low GI value, like fruits, vegetables and beans
- Reduce sugar in your diet to less than 7 teaspoons of added sugar (i.e. 30g) a day. One can of regular soda, alone, contains 39g of sugar
- Drink moderately and limit your alcohol intake to 14 units per week



Body fat percentage

Essential body fat is necessary to maintain life and reproductive functions.

- Train at least 30 min a day, 3 times a week
- Never skip breakfast
- Increase fibre intake with oats, fruit, beans, lentils and vegetables
- Limit take-aways
- Drink at least 2 litres of water per day



Don't smoke

Smoking is one of the main causes of heart disease. One year after giving up smoking, your risk of a heart attack falls to about half of a smoker's risk.

Get in touch

Contact your financial adviser to find out more about Multiply's partners and incredible rewards, call 0861 88 66 00 or visit multiply.co.za



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