



Her Heart Challenge Application

Applications accepted beginning: Feb. 14, 2020

Deadline for applications: May 15, 2020

Parkview Heart Institute has made a commitment to women by focusing on their unique cardiovascular needs and risks for heart disease. Together, with Parkview Physicians Group – Cardiology, we are excited to offer a program especially for women in our community who are ready to meet the challenge of reducing their own risk of heart disease. This program is called the Her Heart Challenge.

If chosen, you will attend weekly sessions beginning in August that will include resources and information to help you find your motivation and learn about your personal health risks. Our experts will help you find ways to decrease those risks and lower the chances of developing heart disease — which remains the number one killer of women in the United States. Her Heart Challenge will also provide participants with free lab work, opportunities for activity and access to health experts.

The selection process for Her Heart Challenge involves completion of this application and an interview with the Her Heart Challenge team. Interviews will be held June 1 – June 8 to select participants for this program. You will be notified by June 20 if you are selected.

Name _____ Are you over age 18? (circle one) Yes No

Address _____ City/State/ZIP _____

E-mail _____

Shirt size (circle one) Small Medium Large XL XXL XXXL

Home phone _____ Work phone _____ Cell phone _____

Do you suffer from: High Blood Pressure _____ High Cholesterol _____ Diabetes _____

Do you smoke? _____ Are you a member of the Her Heart Support Network of Parkview Heart Institute? _____

Rate your readiness to make lifestyle changes to help you reach your goals, based on a scale from 1 to 5 (1 meaning low, 5 meaning high) _____

Will you be able to meet the following requirements?

Yes _____ No _____	Pre-Challenge Assessment, Wednesday, June 24, 5pm-7 pm
Yes _____ No _____	Overnight stay for the HHC Retreat beginning 5 p.m. on August 7 – 2 p.m. on August 8
Yes _____ No _____	Wednesday evening meetings, 5:30 – 7:00 p.m., August 12– November 4
Yes _____ No _____	Check in #1, Wednesday, December 2, 5:30 – 7:00 p.m.
Yes _____ No _____	Check in #2, Wednesday, January 6, 2021, 5:30-7:00 p.m.
Yes _____ No _____	Love Your Heart Expo Final Celebration, February 18, 2021
Yes _____ No _____	Obtain a signed release from your medical provider to participate

How did you hear about the program? (circle one) Love Your Heart Expo Friend Email Tapestry Other

(continued)

In 100 words or less, what is your top health GOAL:

In 200 words or less, describe why you want to participate in Her Heart Challenge:

Do you foresee any barriers to your participation in the program?

Please complete this application and return to: Sarah Mohrman, PPG — Cardiology, Parkview Heart Institute, 11108 Parkview Circle Drive, PO Box 5600, Fort Wayne, IN 46895-5600. Applications can also be faxed to 260-458-5850, or scanned and e-mailed to sarah.mohrman@parkview.com.