



Public Health  
England

# IS **YOUR** HEART OLDER THAN YOU?

With our online Heart Age Test, it's easy to find out how old your heart is.

Simply answer a few questions and we'll share your heart age, along with ways to lower it and reduce your risk of having a heart attack or stroke.

If you know your blood pressure, you'll get a more accurate result. Ask your local pharmacy for more information.

**Search online for our [Heart Age Test](#) now.**

BECAUSE THERE'S ONLY  
**ONE YOU**



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