

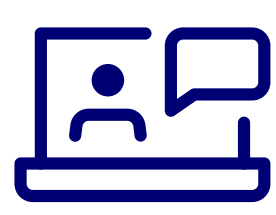
HeartMates teammates Lynda Marino and Ashley Greiner have inspired the community with their remarkable comeback stories.



## HeartMates Playbook

# 10 ways to be *part of the team*

Welcome to **Abbott HeartMates**, a community for people impacted by heart conditions. As part of the team, you can help raise awareness about heart health and connect with others going through similar experiences. **Here are 10 ideas** for how you can share your story, create a support network and engage with the community and beyond.



### Join *HeartMates* activities.

For example, we host in-person and virtual huddles — private sessions when members of the HeartMates community come together to share their stories, learn from one another and celebrate wins. Watch your email for updates on what's coming up!



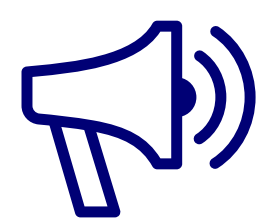
### *Share* your insights.

Reach out to the public information officer for emergency medical services (such as your local fire station and ambulance or paramedic services) to discuss if telling your story could provide inspiration to their team or help identify training opportunities.



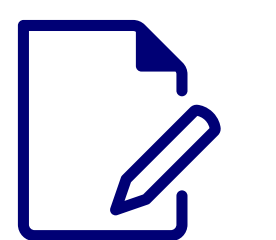
### *Get involved* in organizations.

Local chapters or affiliates for national nonprofits dedicated to cardiovascular disease like the American Heart Association or Mended Hearts often offer events and volunteer or speaking opportunities.



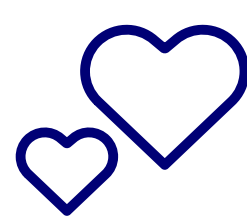
### Be an *advocate*.

Show your passion for advancing heart health by getting involved with organizations that are speaking out about legislative and regulatory policies.



### Put *pen* to paper.

Write an editorial or op-ed for your local newspaper to provide your opinion about heart health issues and personal perspective. Many publications are also open to readers' email submissions.



### *Show your heart* on social.

There are a lot of times throughout the year, such as Heart Health Month, Stroke Awareness Month, World Heart Day and Family Caregivers Month, that can be great opportunities to post about your experience, give a shout-out to someone who's helped you on your comeback journey or share how you support others. You could also give an update on an anniversary of a personal heart event.

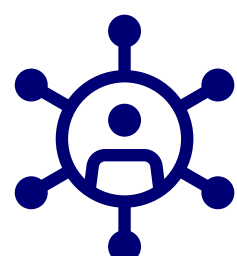


- Use the hashtag **#AbbottHeartMates** and tag us:
- Facebook: **@Abbott**
- Instagram: **@AbbottGlobal**
- LinkedIn: **@Abbott**
- X: **@AbbottNews**
- Show your team pride by adding a HeartMates GIF to your post. Just search GIPHY for "Abbott HeartMates."



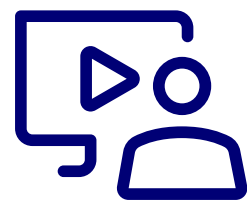
### *Participate* in a local support group.

Connect with people who have similar heart health stories. If a support group isn't offered by your hospital or community organization, consider talking to the social worker at your local hospital to start one.



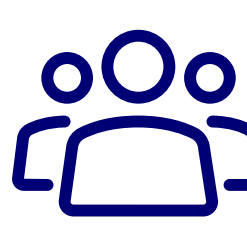
### *Make the most* of connections.

Check out Abbott HeartMates Connect to be put in touch with HeartMates teammates who have similar experiences and/or live near you for deeper community-building.



### Check out *our* content.

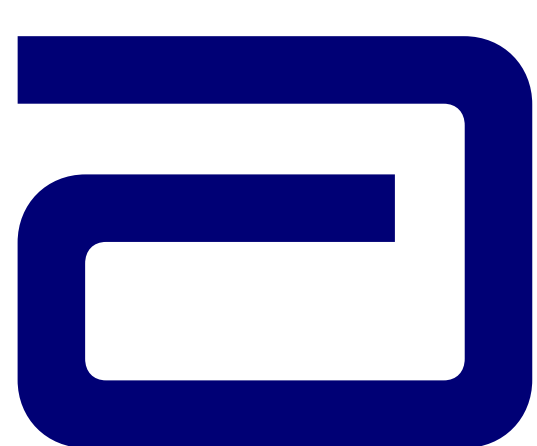
There are stories, videos, tips and more from fellow HeartMates and Abbott experts on our website. Pass these resources on to others who may find them useful.



### Help *build* the team.

Encourage others with a heart condition and their families, friends, caregivers and medical teams who support them to join Abbott HeartMates.

These are just a few ideas for how you can go all in on heart health. We'll continue to keep you updated on opportunities to get involved.



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