



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

HEART & STROKE HELPER™

Have you or a loved one had a stroke?
Learn how to better manage your
stroke recovery all in one place.
Thrive after stroke.



Scan to download the Heart & Stroke Helper app today
or visit stroke.org/strokehelper.

Need support after your stroke?

The Heart & Stroke Helper app helps you easily:

- Track progress on lifestyle habits
- Track your numbers
- Manage medications
- Receive trusted information about stroke and how to have the best recovery possible
- Connect with others for inspiration

For questions contact helperapp@heart.org



The HCA Healthcare Foundation is a national supporter of Together to End Stroke®.