

## Co-pilot Script for “My Heart Risk 1.0”

Hi, I’m here to help you use the “My Heart Risk” tool. I'm going to walk you through the tool to show you how it can be used to estimate your risk of developing heart issues following early breast cancer treatment.

During our discussion we will use the term “clinician” to refer to any of your health care providers, such as your primary care provider.

As your clinician may have told you, research indicates that individuals face an increased risk of heart problems after they undergo cancer treatment. For this reason, My Heart Risk offers this assessment tool designed to estimate your personal risk of future heart issues so you and your clinician can plan how to protect your heart. Dr. Brown, who runs both My Heart Risk and our sister company, My Heart Spark P.C., personally developed this tool using publicly available data published by universities.

In order for the tool to provide a personal risk assessment, it will request some information about you. I will walk you through the process of inputting the required information into the assessment tool. Then, you and I will review the initial estimate the tool produces.

You can share the estimate with your clinician or make an appointment with our sister company, My Heart Spark P.C.. Either way, you should work with a licensed clinician to decide how to use the risk estimate produced by our tool.

So let's jump in and I'll walk you through the tool.

Let's start by putting in your name.

Next, enter the phone number you'd like to use.

Enter your email address.

Next, we need to put in your date of birth.

Here, we enter your age.

Now, we need to answer this question about your cancer diagnosis.

Finally, we need to check each one of the following medical conditions that a clinician has told you that you have.

- Ischemic heart disease
- Diabetes
- High blood pressure
- COPD
- Heart failure
- Peripheral vascular disease or Peripheral artery disease
- Atrial fibrillation

- Abnormal heart rhythm
- Kidney disease
- Stroke
- Lung disease.

**[Please confirm the last four bullet points above show up on the screen if the patient or Co-pilot scrolls down. I cannot see them on the version I received by email.]**

Let's stop here for a moment and take a breath.

Okay, this is where we're going to click and ask the tool to give us an estimate of your risk. And remember, whatever it shows, the purpose of this tool is to help you and your clinician take preventive action to minimize your risk. Here we go...

Okay, let's go to your estimate...

Here is your estimated risk information. Let me tell you what this is saying and please let me know if anything is unclear.

The top half of the page is saying that out of 100 people like you, approximately \_\_ people would be expected to develop heart problems within five years of completing breast cancer treatment. In other words, based on the information we put into the assessment tool just now, you are estimated to have a \_\_% chance of developing heart problems within five years of completing your cancer treatment.

The lower half of the page shows your estimated risk for 10 years post-treatment. Out of 100 people like you, approximately \_\_\_\_ people are expected to develop heart problems within ten years of completing their breast cancer treatment.

Again, these numbers are estimates, not guarantees.

Please understand that I can't give you any medical advice. What I can do is give you a one-page report summarizing this assessment that you can share with a medical professional. You can take the report with you to see our own clinicians at My Heart Spark P.C. if you have a video visit with our clinician expert for preventive cardio-oncology care, or you can take the report to your current clinician. Either way, the goal of this tool is to help you and your treatment clinicians be more informed about your estimated risk level so you can decide together if you want to take certain actions to protect your heart.

While I can't give you medical advice, if you have any specific questions about the tool or how to access it to make adjustments to the information we entered, just let me know. As I mentioned before, this tool was developed by Dr. Brown, who runs both this company, My Heart Risk, and our sister company, My Heart Spark P.C.. We have several clinicians in My Heart Spark P.C. trained by Dr. Brown who are currently available to review your risk information with you and help you make a plan to protect your heart. Dr. Brown will also start seeing patients through My Heart Spark P.C. in February 2023. We would be happy to make an appointment for you with one

of our clinicians through that company if you'd like. We could also add you to the waitlist to see Dr. Brown in February.

So, I will email you the one-page report that you can review with a clinician to make plans to protect your heart. I will also email you this link where you can access your risk information online at any time. As you know, you also have direct access to this link through your client portal.

Before we go, let me show you the remaining pages in your risk information document online.

This risk information is based on your age and medical history and the stage of your cancer. This risk system has been developed, studied, and published by heart doctors who care for women with breast cancer. You can learn more about protecting heart health and how cancer can affect this by pursuing the education option at myheartrisk dot com.

Do you know a woman who might benefit from having their heart risk information too? You can share myheartrisk dot com with her, and you can both join this journey together and share in this community with one another. We can be here for you both, or you all. Bring all your friends! 😊

Again, you can talk with your clinician about your heart risk, and/or you can have a video visit with a heart risk clinician with our sister company, My Heart Spark P.C. at myheartspark dot com. Dr. Brown herself will also be available starting in February.

That's it!

I hope having access to this tool helps you feel a little more empowered to protect your heart health!