A HISTORY TO BRING. A PLAN TO CARRY FORWARD.

Maya's sample Heart Story

FICTIONAL EXAMPLE No real patient, appointment or clinical outcome.

What Maya remembers	High blood pressure during a pregnancy several years ago and an early delivery. Patient-reported; records have not been reviewed.
Still unknown	Exact diagnosis, gestational week and discharge recommendations. Unknown does not mean no complication.

Questions for the visit

01 What do my pregnancy records tell us?

02 How should this history inform my heart care now?

03 What is my next step, who is responsible and when is it due?

04 Who should I contact if I cannot arrange the next step?

Illustrative clinician-agreed plan

Action	Review available pregnancy records and discuss ongoing care at a primary-care visit.
Responsible team	Maya's primary-care team - fictional.
Agreed date	November 18, 2026 - fictional; not a recommended follow-up interval.
Access support	Maya needs an appointment time compatible with childcare. The navigator helps her contact the scheduling team.

Follow-up status: completion not confirmed

A referral or scheduled appointment does not establish that care was completed. Confirm the status through the host's approved process. Record a clinician-revised plan separately from completed care.

For your own care: use your own history and discuss next steps with your treating team. This sample is not a diagnosis, risk score or personal care recommendation.

Try the example: campaign.heartreserve.blog/how-it-works
Build your Heart Story: heartreserve.blog/start