



**FULLCIRCLE**  
FINANCIAL

## What Your 'Heart Age' Says About Your Future

Hello Rebecca,

Have you ever wondered how old your heart is?

The concept of "biological age" is a popular topic in health tech right now, suggesting that different parts of your body may age faster or slower than your actual age. And many online calculators, wearable devices, and medical tests now offer personalized estimates specifically tailored to you.

Understanding these types of tools can help you take control of your future well-being. But the tech is not without caveats. Read more about it below.

Armed with this knowledge, you can better implement positive lifestyle changes, make informed financial decisions, and safeguard against potential health-related financial burdens. But to ensure your financial security aligns with your lifespan and health goals, let's strategize. From optimizing your retirement savings to exploring insurance options, proactive planning can safeguard your finances at all stages of your life and ages of the heart.

Explore these articles, and feel free to share them with friends and family to spark discussions on a crucial topic.



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*Thoughtful Wealth Management Starts with a Conversation*

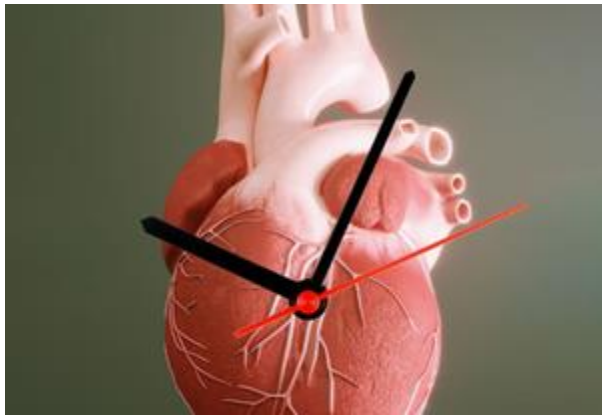
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## What Your 'Heart Age' Says About Your Health

May 13, 2024



Do you need to know your heart age? A growing crop of tools will estimate it for you.

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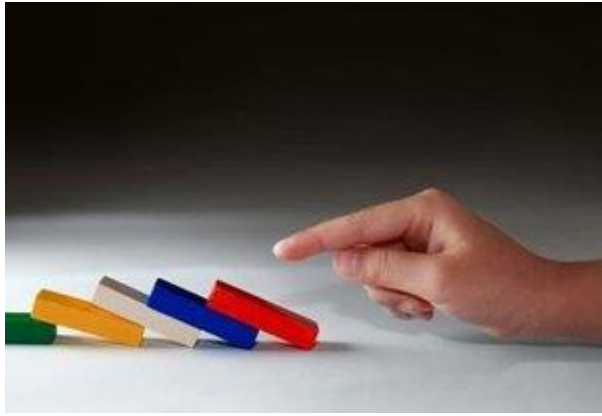
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