Send Emails and Ecards

Spread the word that you're making a difference for heart health. Personalize an email or ecard with a heart-happy message. Here's what you do.

1

Start here.

Go to heart.org/kidsheartchallenge. Click on the red **"Log In to Headquarters"** button in the upper right corner. Enter your username and password.

Log In to Headquarters

Then click on the red **"My Headquarters"** button.

My Headquarters

Forgot your username or password? Follow the directions for help.

Your goal: send at least 10 emails or ecards!

Fun Fact
Your heart moves blood through your body, covering a whopping 60,000 miles of blood vessels.
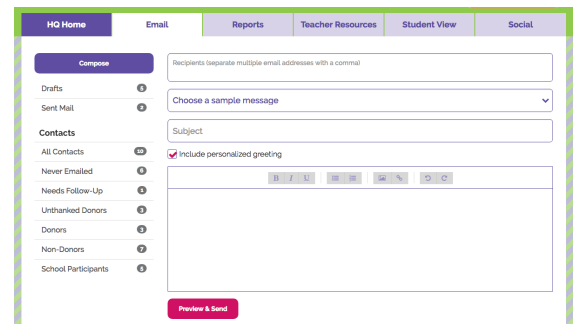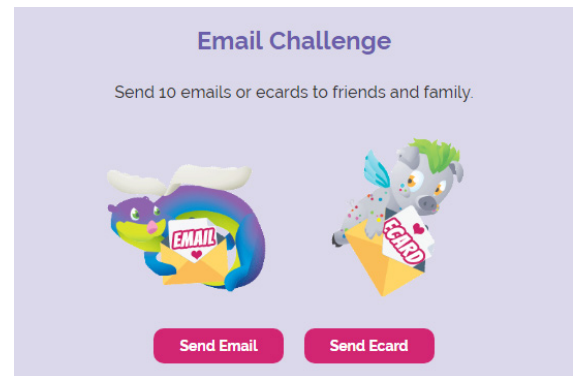
2

Find the purple "Email Challenge" button at the top right.

Your challenge is to send at least 10 heart-happy messages to family and friends.

Email Challenge

Send 10 emails or ecards to friends and family.

Send Email   Send Ecard

If you're sending emails, click on the **"Send Email"** button. Enter the addresses, choose a message, and personalize your message and greeting. Then, with your parent or guardian's permission, hit **"Send."**

If you're sending ecards, click on **"Send Ecard"** in the purple box. Follow the steps to choose your character, add a photo (optional), choose a message, and send.

Sending emails and ecards is a great way to spread the message of happy hearts and unlock special features in your Heart Heroes Virtual World. Have fun!

American Heart Association.

KIDS HEART CHALLENGE