

Stroke risk scorecard

Check each box that applies to you. Each box equals one point. Total your score at the bottom of each column and compare with the stroke risk levels at the bottom.

Risk factor	High risk	Caution	Low risk
Blood pressure	>140/90 or unknown	120-139/80-89	<120/80
Atrial fibrillation	Irregular heartbeat	I don't know	Regular heartbeat
Smoking	Smoker	Trying to quit	Nonsmoker
Cholesterol	>240 or unknown	200-239	<200
Diabetes	Yes	Borderline	No
Exercise	Couch potato	Some exercise	Regular exercise
Diet	Overweight	Slightly overweight	Healthy weight
Stroke in family	Yes	Not sure	No
Score	_____ High risk	_____ Caution	_____ Low risk

Total score _____

Score of 3: High risk

Talk to your healthcare provider immediately and ask about a stroke prevention plan. Make an appointment today.

Score of 4-6: Caution

You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.

Score of 6-8: Low risk

You're doing well at controlling stroke risk! Continue to stay informed about your numbers. Get tips at stroke.org.