



Send Emails and Ecards

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

1 Start here.

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

Log In to Fundraise

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

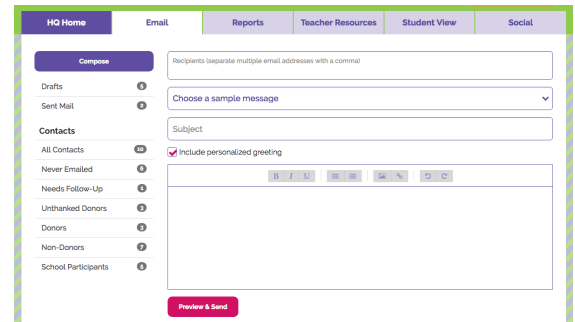
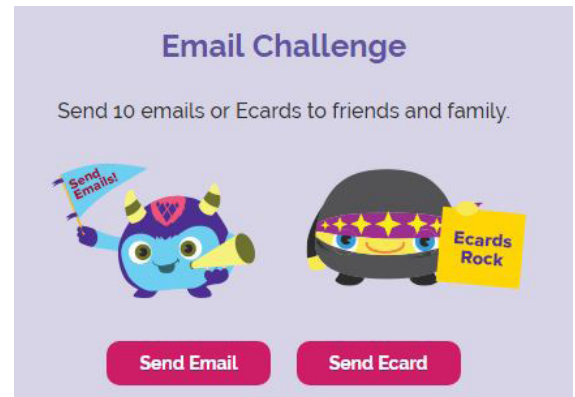
Your heart moves blood through your body, covering a whopping 60,000 miles of blood vessels.

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

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

If you're sending emails, click on the **"Email"** tab at the top of the page. Enter the addresses, choose a message, and personalize your message and greeting. Then, with your parents' 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 heart health and unlock special features in your Scare Squad Virtual World. Have fun!