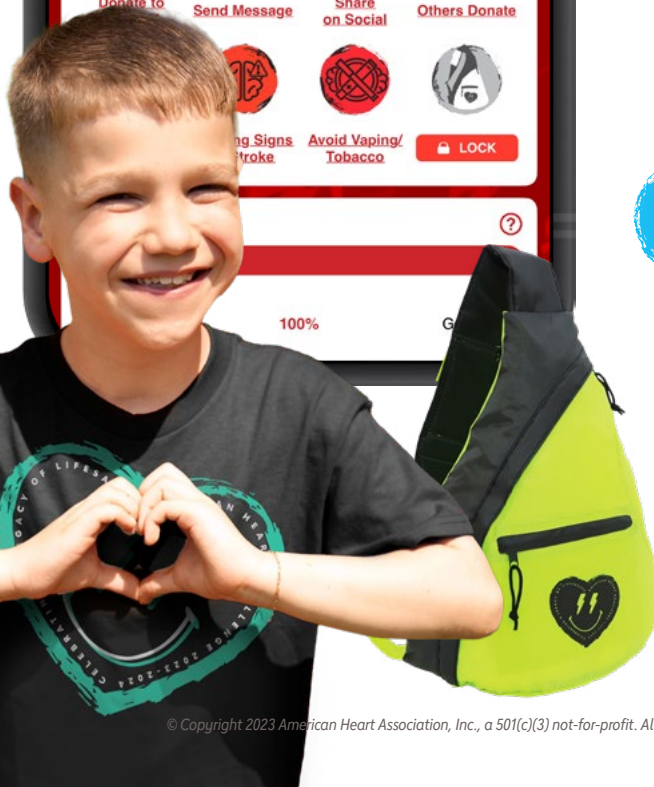




American Heart Association
AMERICAN HEART CHALLENGE™

PARTICIPANT HOW TO BE A LIFESAVER



1.

DOWNLOAD THE APP

Search "AHA Schools" in your app store. Then use your username and password to log in.

No username and password? Click either "Forgot Password?" or "Register Now" if you haven't set a username and password yet.



2.

LEARN HANDS-ONLY CPR

Did you know? Immediate CPR from someone nearby can double—even triple—a person's chance of surviving cardiac arrest.

When you take Finn's Mission you will learn this lifesaving skill in under two minutes!

The power to save a life is in your hands.

3.

BE A LIFESAVER!

Earn "Finn's Lifesavers Award" by completing all 7 challenges in Finn's Mission!

- Donate to Yourself
- Send Messages to Family and Friends
- Share on Social
- Others Donate
- Hands-Only CPR
- Warning Signs of Stroke
- Avoid Vaping/Tobacco