



Dear Parents,

Young Hearts for Life® (YH4L) is pleased to offer all **Plainfield Central High School** students a free, life-saving ECG screening on **Tuesday, September 13, 2022**. Parent/Guardian pre-authorization is necessary for a student to be screened.

YH4L, the largest ECG screening program in the United States, will provide a FREE heart screening called an electrocardiogram (ECG) to identify high school students at risk for Sudden Cardiac Death (SCD). More than 60 young adults die each week in the United States from SCD. Since 2006, YH4L has screened over 280,000 students and has identified more than 3,000 with previously undiagnosed heart conditions. **Please be aware that repeat ECG testing is recommended every two (2) years.**

A simple, painless, and non-invasive ECG can detect approximately 70% of the abnormalities or “markers” from heart conditions that are associated with SCD, while a pre-participation physical can only detect approximately 4% of these conditions. **The false positive rate for our program is less than 2%.** Additional evaluation and testing by your physician may be recommended.

We want to assure you that students’ confidentiality, privacy, and individual modesty will be respected throughout all aspects of the program.

- Students are given a designated time by the school to come to the screening area.
- Trained volunteers attach electrodes to the students’ chest and limbs in preparation for the ECG.
- No clothing is removed.
- The ECG machine monitors the electrical activity of the heart and prints out the information about heart rate and rhythm.
- A trained cardiologist then interprets the printed ECG.
- Student results are available 2-3 weeks after the screening via a secure link that is sent to the parent/guardian email.
- Results are NOT shared with the school or district.

The Young Hearts For Life® cardiac screening is being provided to your students by **Edward Elmhurst Health, Plainfield School District 202, and Young Hearts for Life donors.**

To learn more about YH4L and to register your child for this lifesaving screening, please visit our website at [www.yh4l.org](http://www.yh4l.org). Young Hearts for Life is a 501C3 tax- exempt organization. If you have questions, please contact us at 630-785-4366.

Sincerely,

A handwritten signature in black ink, appearing to read 'Frank Zimmerman'.

Frank Zimmerman, MD  
Medical Director, Young Hearts for Life®  
Cardiologist, Advocate Medical Group

A handwritten signature in black ink, appearing to read 'Joseph Marek'.

Joseph Marek, MD  
Founder, Young Hearts for Life®  
Cardiologist, Advocate Medical Group

## Plainfield Central High School

# Free ECG Screening

**Tuesday, September 13, 2022**

### **TO REGISTER YOUR STUDENT FOR THIS FREE SCREENING:**

Please go to [www.YH4L.org](http://www.YH4L.org) Registration and Events OR scan this code:



*You will need your student's School ID number to register.*

### **Sign-up to VOLUNTEER:**

Thank you for your interest in helping us provide ECG screenings to the students at Plainfield Central HS on Tuesday, September 13, 2022. Over 115 volunteers are needed for this event!

**New volunteers must attend one of the full training sessions held on Monday, September 12th. You do not need to attend training if volunteered with YH4L in 2021/2022.**

1. Click this link to go to our invitation page on SignUp.com:  
<https://signup.com/go/ZAgjPvq>
2. Enter your email address (You do NOT need to create an account)
3. Sign up for your training session **AND** your volunteer shift the day of the screening.

*SignUp.com will send you an automated confirmation and reminders.*

Thank you!

If you have any questions, please contact: Chris Chlebek at 815-436-3200.

*\*For more information about YH4L, please visit our website, [YH4L.org](http://YH4L.org)*