



January 2, 2025

Dear Parents,

Young Hearts for Life® (YH4L) is pleased to offer all **Providence Catholic High School** students a free, potentially life-saving ECG screening on **Tuesday, January 14, 2025**.

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 young adults (age 12-24) at risk for Sudden Cardiac Arrest (SCA). Since 2006, YH4L has screened over 330,000 students and has identified more than 3,500 with previously undiagnosed heart conditions. **ECG testing is recommended every two (2) years.**

A simple, painless, and non-invasive ECG can detect approximately 70% of the heart conditions that are associated with SCA, while a pre-participation physical can only detect 4% of these conditions. More than 60 young adults die from SCA each week in the United States.

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

- Trained volunteers attach electrodes to the students' chest and limbs in preparation for the ECG.
- No clothing is removed.
- Only female screeners administer the screening on female students.
- No blood is taken. An ECG is painless, non-invasive, and quick.
- 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.
- YH4L is HIPAA compliant. Results are NOT shared with the school/district or any other entity.

**The Young Hearts For Life® cardiac screening is FREE for all Providence Catholic students through the generosity of the just1mike Foundation and YH4L 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.

Sincerely,

Frank Zimmerman, MD  
Medical Director, Young Hearts for Life®  
Cardiologist, Advocate Children's Heart Institute

Joseph Marek, MD  
Founder, Young Hearts for Life®  
Cardiologist, Advocate Heart Institute

**Providence Catholic High School**  
**Free ECG Screening**  
**Tuesday, January 14, 2025**

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

Go to [Student Registration for YH4L ECG screening](#) OR scan the QR code with your phone's camera



**Student ID # is needed for registration!**

**Sign-up to VOLUNTEER:**

Thank you for your interest in helping us provide ECG screenings to the students at PCHS. **New volunteers must attend a full training session held on Monday 1/13 at the high school.** You do not need to attend full or refresher training if you volunteered with YH4L in 2022-2023. More than 50 volunteers are needed for this event!



1. Click [Volunteer sign-up for Providence Catholic event](#) or Scan this QR code to access volunteer sign-up on SignUp.com:
2. Enter your email address (You do NOT need to create an account)
3. ***Sign up for a Training session on Monday 2/13  
AND for a Screening shift on Tuesday 2/14***
4. You will receive automated reminders from SignUp.com.
5. An email with finalized details about training and screening sessions will be sent to you the weekend before the screening via SignUp.com

If you have questions, please contact Ms. Klod at the PCHS.

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