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/kidsheartchallenge. Click on the red “Log In to Headquarters” button in the upper right corner. Enter your username and password.
   
   ![Log In to Headquarters]

   Then click on the red “My Headquarters” button.
   
   ![My Headquarters]

   Forgot your username or password? Follow the directions for help.

2. **Find the purple “Email Challenge” button at the top right.**
   Your challenge is to send at least 10 heart-happy messages to family and friends.

   ![Email Challenge]

   If you’re sending emails, click on the “Send Email” button. Enter the addresses, choose a message, and personalize your message and greeting. Then, with your parents’ permission, hit “Send.”

   ![Send Email]

   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.

   ![Send Ecard]

   Sending emails and ecards is a great way to spread the message of happy hearts and unlock special features in your Heart Heroes Virtual World. Have fun!