



Heart Healthy Hacks: Save Money

Companion Discussion Guide

This guide provides optional discussion questions that you can use after the video. You can decide which questions make sense for your group and time frame.

- What are some of the ways cost makes it more challenging for you to make heart healthy choices? Does anyone have suggestions about how to address these challenges?
- Does anyone have other tips to share about how to make heart healthy choices on a budget?
- What are some of the common ways that cost impacts the ability of others in our community to make heart healthy choices? Are there any ways that we could potentially help address these challenges?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**