



American Heart Association
AMERICAN HEART CHALLENGE™

HOW TO BE A LIFESAVER

1

DOWNLOAD THE APP

With your parent or guardian's permission, 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 "Sign Up" 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!

- Send Messages to Friends and Family
- Watch Hands-Only CPR video
- Give a Personal Gift
- Share on Social
- Avoid Vaping & Vaping Quiz
- Get a Gift from Others
- Learn the Warning Signs of Stroke

