

Do Your Part to Help your heart

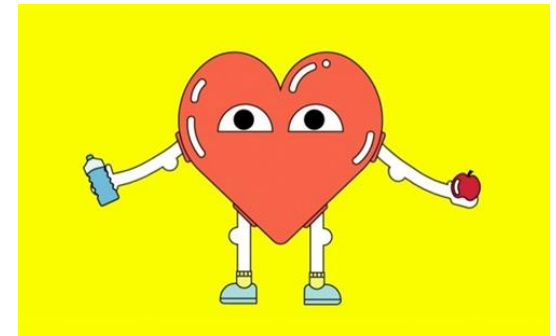
Make healthy living a priority. Nearly **80%** of cardiac events can be prevented through modest lifestyle changes, such as moving more, eating healthy and managing blood pressure. Consider taking advantage of wellness tools and resources offered through your health plan.

Make television watching more active by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.

Schedule heart screenings often such as those for blood pressure, blood sugar, cholesterol, and body mass index (BMI).

Understand your family's health history. Family medical history is a key risk factor for heart disease and associated symptoms like high blood pressure and cholesterol. Make sure you know about your family's health history and talk with your doctor about it during your annual physical.

Commit to a walking schedule with a friend or family member, even if you can't walk together.



Your HEART Matters



Survive don't Drive. Call 911
Calling 911 is almost always the fastest way to get lifesaving treatment
****An emergency medical services (EMS) team can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car**