

Don't miss a beat

Focus on your heart even after Valentine's Day



Heart disease describes a range of heart conditions and is the leading cause of death in America. This month offers an opportunity for you to understand and prevent future heart disease. Join the heart-health band and show your heart some love by knowing the symptoms and risk factors.

The key to preventing heart disease is understanding signs and symptoms, which can include (but are not limited to):

- Chest pain
- Coughing or wheezing
- Fatigue
- Heart palpitations
- Shortness of breath
- Nausea or vomiting

Several medical conditions and lifestyle choices can lead to an increased risk of heart disease, such as an unhealthy diet, lack of physical exercise, high blood pressure, diabetes, and smoking. Talk with your provider about your individual risks and how you can take steps toward a healthier lifestyle.

How to make heart-healthy choices

1. **Know Your Numbers** — Regular check-ups are essential. Schedule a visit with your healthcare provider to check your blood pressure, cholesterol, and blood sugar levels. In-network preventative care is fully covered for eligible employees and their dependents.
2. **Eat Healthy** — Incorporate more fruits, vegetables, whole grains, and lean proteins into your diet. Limit saturated fats, sodium and added sugars.
3. **Stay Active** — Aim for at least 30 minutes of moderate exercise most days of the week. Whether it's brisk walking during lunch, joining a fitness class or dancing to your favorite music, find activities that you enjoy and get moving!
4. **Manage stress** — Chronic stress takes a toll on your heart. Practice stress-reducing techniques such as deep breathing, meditation, yoga, or hobbies you find relaxing.
5. **Enroll in our textline** — Be in the know with **HIMSSTotalRewards.com** textline; just text **hims rewards** to 855-930-4899 to enroll and make it easier to stay informed about heart-healthy choices and resources.

Taking care of your heart is a journey, and every positive step you take matters!