

Be Well, Stay Well

Protect yourself against heart disease



Heart disease includes conditions affecting the heart, such as coronary heart disease, heart attack, congestive heart failure and congenital heart disease. Heart disease is the leading cause of death for men and women in the U.S.

Start working toward optimal heart health!

Take advantage of these health resources that are available at no cost to you!

Nurse Health Coaching

If you have coronary artery disease, congestive heart failure, high cholesterol or high blood pressure, you are eligible to participate in Nurse Health Coaching. A dedicated nurse will work with you to help you understand and manage your condition.

24/7 Nurse Line and Health Information Library

Get information about blood pressure, cholesterol and all aspects of your health 24 hours a day, 7 days a week, 365 days a year.

To enroll in Nurse Health Coaching or access the 24/7 Nurse Line, call

1-866-244-8977

Know your numbers

The first step in preventing heart disease is knowing your current health status. Two good indicators of your heart health are your blood pressure and cholesterol levels.

- Total cholesterol should be 200 mg/dL or lower
- Blood pressure should be 120/80 mmHg or lower

Make healthy food choices

Eat a balanced diet and choose foods that are low in saturated fat, trans fat and cholesterol. Try to eat foods from each of the five food groups every day. The five food groups include grains, vegetables, fruits, dairy and protein.

For more information on nutrition, visit www.choosemyplate.gov

Get moving

Get 30 minutes of activity on most days. Vary your exercise by mixing aerobic and muscle-strengthening activities. Finding it hard to get started? Try breaking up your activity into smaller, manageable chunks of time, like a 10-minute brisk walk!