

Heart-Healthy Tips

Be “Heart Smart!”



You don't need a large chunk of time to do things that can help prevent heart disease. While there are some risk factors for heart disease you can't change, like your family history, there are simple things you can do as you go about your day that can make a big difference. Health Advocate, a benefit paid for by your employer or plan sponsor, offers these tips to help you increase your heart health.

Get your blood pressure checked

If left untreated, high blood pressure can lead to heart attacks, strokes, or other life-threatening conditions. **Get your blood pressure checked regularly** by your doctor, a walk-in or urgent care clinic, or a trained clinician at a health fair.

Get your cholesterol checked

If you have high cholesterol, you may be at risk for heart disease, the leading cause of death in the U.S. Get a blood test every five years to check your cholesterol levels.

Adopt a heart-healthy diet

Try these simple tips to give your menu a heart-healthy makeover:

- **Reduce your sodium intake**—it can benefit your blood pressure.
- **Limit saturated fats** like red meat, dairy and processed foods—these can raise cholesterol.
- **Add fish, nuts, and oats** into your diet—they can lower cholesterol.

Make healthy lifestyle changes

These everyday prevention steps are easy to fit into even the busiest schedule. Try them today!

- **Exercise for 30 minutes 3-4 times a week.** It can strengthen your heart and lower your risk of heart disease, high blood pressure, and more.
- **Stop using tobacco.** Tobacco use is a major risk factor for heart disease.
- **Decrease stress.** Excess stress can tax your heart. Talk to your doctor or counselor if you feel stressed.

How Health Advocate can help

Have questions about heart disease, or want to get a blood pressure or cholesterol screening? **Call us today!**

We can help

- **Find the right** healthcare providers
- **Arrange appointments** for screening or treatment
- **Provide information** about heart disease and related conditions
- **Assist you** in making healthy lifestyle changes
... and more!

HealthAdvocate™
Always at your side