

# MedBen

# WellCare

benefitness for you.

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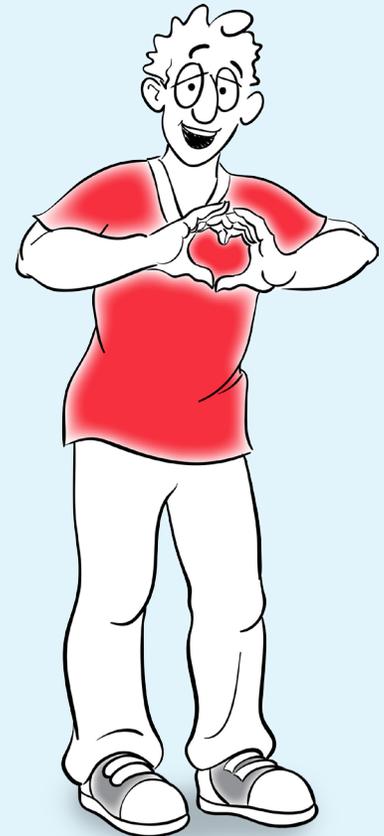
## February Means Heart Disease Awareness

February is all about hearts... and not just the chocolate-filled variety. This month is also dedicated to raising awareness about heart disease and increasing your knowledge about prevention.

According to the Centers for Disease Control, heart disease is the nation's leading cause of death for both men and women. It's estimated that 715,000 heart attacks occur in the U.S. every year, and approximately 600,000 Americans die from heart disease.

The first step to better heart health is to get your blood pressure and cholesterol checked. High blood pressure can cause hardening of the arteries and weakening of the heart muscles, leading to a stroke. Likewise, high cholesterol can cause plaque to build up in the arteries and starve the heart for oxygen – and that's when a heart attack occurs.

If you have been diagnosed with hypertension and/or high cholesterol, MedBen Worksite Wellness can help you reduce the risk of heart disease. Through our specialty care program, an RN Health Consultant will contact you for disease-specific education and customized counseling. Our service supports the care you receive from your family physician, who can help you devise a sensible lifestyle plan... and keep your heart healthy for many years to come!



## The Path to a Healthier Heart, One Step at a Time



*The Centers for Disease Control suggests that you...*

### Take these preventive steps...

- Monitor your blood pressure and have your cholesterol checked.
- Eat a healthy diet, exercise regularly and maintain a healthy weight.
- Don't smoke and limit alcohol use.
- Manage your diabetes.
- Follow your doctor's orders.

### And as you go forward...

- Don't become overwhelmed – even small steps will help.
- Ask friends to join you.
- Don't get discouraged – better health can take time.
- Reward yourself with healthy, fun ways to say, "Well done!"

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