

Don't Miss a Beat

Follow the rhythm of your heart-healthy routines.

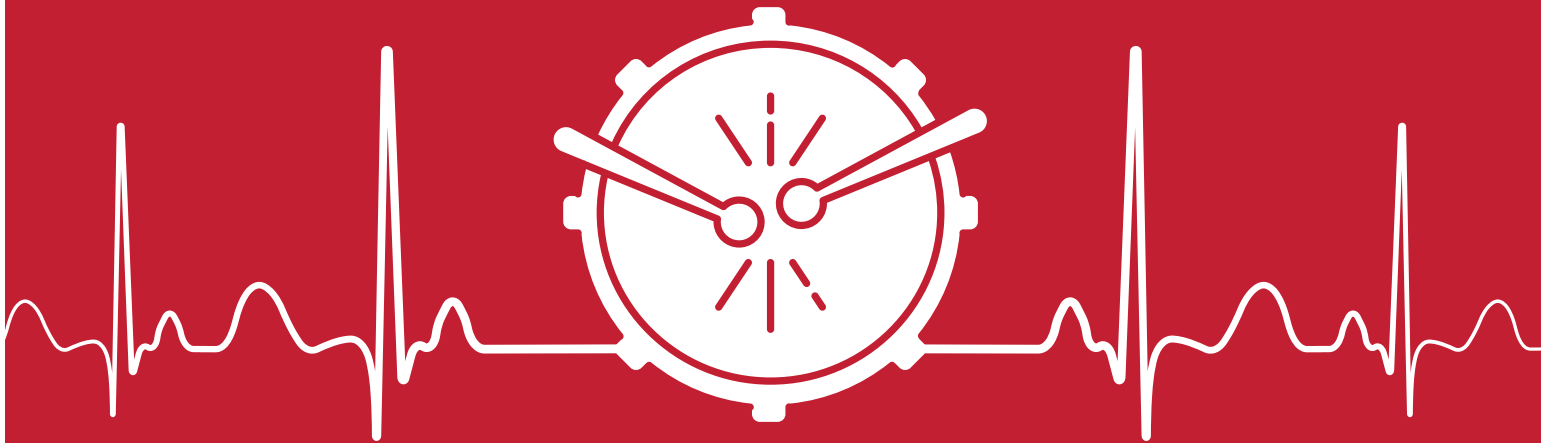
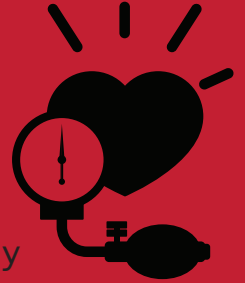
Nearly **29 million** adult Americans have **high total cholesterol levels.**



Cardiovascular disease accounts for about **800,000 U.S. deaths** every year.



Nearly **half** of American adults have **high blood pressure.**



A healthy diet can **lower your risk** for **heart disease.**

- Say “yes” to fruits, vegetables and whole grains. Say “no” to salt, saturated fat and added sugar.
- Drink more water and cut back on sugary drinks and alcohol.



Only about **1 in 5** adults and teens **get enough exercise.**

- Aim for at least 150 minutes of moderate physical activity each week.
- Try brisk walking, gardening, tennis or bike riding.

For additional resources or to find a doctor in your area, log in to your health plan's website.



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