

START A HEART TO HEART

3 risk factors for heart disease:



smoking



high LDL cholesterol



high blood pressure



Eat more whole grains, fish, vegetables and fruits. Eat less sodium, added sugar and saturated fats.



49% of people have at least one of the three risk factors for heart disease.

Keep your blood pressure numbers below 120/80 mm HG.



Aim to keep your total cholesterol levels below 200 mg/dl.



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

