

February

AMERICAN HEART MONTH



Why is this important?

Nearly half of all U.S. adults have some type of cardiovascular disease, a percentage that reflects recently updated guidelines for treating high blood pressure, according to a 2019 report from the American Heart Association. High blood pressure – also known as hypertension – can lead to heart attack, heart failure and stroke and is commonly known as the ‘silent killer’ due to its typical lack of symptoms. It is important to know that nearly 80% of cardiac events can be prevented through lifestyle changes.

What individuals can do :



Visit your primary care provider annually and complete preventive care screenings including cholesterol and glucose biometrics as recommended.



Focus on the AHA’s Guidelines known as “Life’s Simple 7”: Eat a healthy diet, exercise regularly, avoid excess weight, do not smoke and keep blood pressure, cholesterol and blood sugar within a healthy range.



Remember preventive care visits are covered by your health plan at 100% as long as the visit is for preventive care only and other health issues are not discussed.



During this month, you can download [this voucher](#) and present it at MinuteClinic locations to get your heart screening at no cost. Learn more [here](#).

Sources: American Heart Association. <https://www.heart.org/>

Monthly Health Observances

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