



7 Starts to a Healthier Heart

February is **American Heart Month**. Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

1. Eat a Healthy Diet
2. Maintain a Healthy Weight
3. Exercise Regularly
4. Don't Smoke
5. Monitor Your Blood Pressure
6. Limit Alcohol Use
7. Check Your Cholesterol

Visit www.provider.bcbs.com or call **888-222-9206** to find a provider near you



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