



7 TIPS FOR A HEALTHY HEART

HELP REDUCE YOUR RISK OF CARIOVASCULAR DISEASE

1 EAT A HEALTHY DIET

Colorful plates are key. Enjoy fruit, vegetables, whole grains, fatty fish, low-fat dairy, skinless poultry and lean meat. Be careful with sodium, sugar, and saturated or trans fats.

2 INCREASE MOVEMENT, DECREASE SITTING

Fight the effects of sitting by exercising around 30 minutes at least 5 days per week. Work with your doctor on what forms of fitness are right for you.

3 AVOID SMOKING AND SMOKERS

If you are a smoker, please quit. If you are a non-smoker, avoid second-hand smoke to potentially lower your risk of heart disease.

4 MANAGE YOUR STRESS LEVELS

Take a break. Stress can keep your blood pressure elevated over time. Just 15 minutes of breathing, walking, petting the dog, or even knitting can relieve any built-up tension.

5 RETHINK YOUR NEXT DRINK

The debate continues whether moderate alcohol intake is good for your heart, however it is known that excessive alcohol intake is bad for your heart. Talk with your doctor to **determine what is moderate for you.**

6 KNOW YOUR NUMBERS

Monitor the numbers that effect your heart health starting with your blood pressure. You should also keep an eye on how many steps you take per day, your non-HDL cholesterol, your blood sugar levels, and how many hours of sleep you get each night.

7 MANAGE MEDICATIONS PROACTIVELY

If you are taking a blood pressure medication, **take it as directed by your physician.** Be careful with other medicines, such as over-the-counter drugs. Some contain sodium which can raise your blood pressure.

HEART HEALTH & WOMEN

Since heart disease continues to be a leading killer of women in the United States, ask your doctor:

- Will birth control or hormone therapy effect my heart health?
- Is a daily dose of aspirin right for me personally?
- How would I know the difference between angina and a heart attack?



QUESTIONS?

Contact TrueAdvocate:

888-655-9980
trueadvocate@
truenorthcompanies.com

M – F | 7:30am – 5:00pm CST

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Benefit options provided by:



Sources: cdc.gov, health.gov, fda.gov, hopkinsmedicine.org, mayoclinic.org, cardforwomen.org, webmd.com

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