

Dear Service Benefit Plan Member ~
Because your heart means so much, we are sending you this heart awareness Valentine during
American Heart Month to remind you how important it is to take care of your heart!

Take action and take care of your heart!
♥ Exercise three times a week and enroll in **WalkingWorks®** at **www.fepblue.org** to get moving and on your way to an active lifestyle. Be sure to check with your doctor when starting a new exercise program.

- ♥ Follow a healthy nutrition plan and take the **Blue Health Assessment** at www.fepblue.org. Click on the **Blue Health Connection** link to get started.
- ♥ Know your numbers and get the right tests: Cholesterol, Triglycerides and Blood Pressure.
- ♥ Follow your doctor's prescribed medication regimen and exercise recommendations.

BE AWARE that heart attack warning signs can be different for men and women. Call **911** if you experience these symptoms:

Call 911 if you experience these symptoms:

- Discomfort or pressure in the chest, jaw, back or arms
- Shortness of breath
- Nausea and light-headedness
- Sweating and cool, damp skin
- Feeling agitated or fatigued
- Abdominal pressure or indigestion-like symptoms

Note: Women may experience some symptoms more often than men, such as shortness of breath, nausea/vomiting, and back or jaw pain.


Questions on how to take care of your heart?
Call the **Blue Health Connection Nurse Advice Line** at
1-888-258-3432 or visit **www.fepblue.org** at any time –
day or night and click on the link for **Blue Health Connection**.
For more heart-healthy advice and information about **American
Heart Month**, visit the **American Heart Association's** website
at **www.americanheart.org**.

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Learn more information about heart care through the **AudioHealth™ Library** by calling **1-888-258-3432**. Press **option #2**. You can select any of the following heart care topics:

- 3626 - Heart Disease Prevention
- 3624 - Heart Attack Early Warning Signs
- 3631 - High Blood Pressure
- 4654 - Controlling Cholesterol
- 3601 - Angina

Take action and share this message...
Detach the Valentine below and send this heart-healthy message to someone whose heart is important to you!

 **BlueCross®
BlueShield®**
Federal Employee Program
P.O. Box 34010
Washington, DC 20043-4010



Promoting Heart Health & Wellness
in Fighting Heart Disease.

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Because Your Heart...

...means so much!

Happy Valentine's Day

from your partners in health

at Blue Cross Blue Shield.



**BlueCross®
BlueShield®**
Federal Employee Program



Promoting Heart Health & Wellness
in Fighting Heart Disease.

www.fepblue.org
www.americanheart.org

*Because
Your
Heart...*

Take action and take care of your heart!

- ♥ Be my Valentine walking buddy! Let's get moving and walk three times a week to get on our way to a more active lifestyle.
- ♥ Follow a healthy nutrition plan.
- ♥ Know your numbers and get the right tests: Cholesterol, Triglycerides and Blood Pressure.
- ♥ Follow your doctor's prescribed medication regimen and exercise recommendations.

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Note: Women may experience some of these symptoms during the menstrual cycle.

Note: Women may experience some symptoms more often than men such as shortness of breath, nausea/vomiting, and back or jaw pain.

...means so much!

 *Happy Valentine's Day*

*Take action and take care
of your heart!*