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

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 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** Hollow a nearthy 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 <u>different</u> for men and women. 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

Feeling agitated or fatigued
Abdominal pressure or indigestion-like symptoms

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. The state of the link for Blue realth Confection.

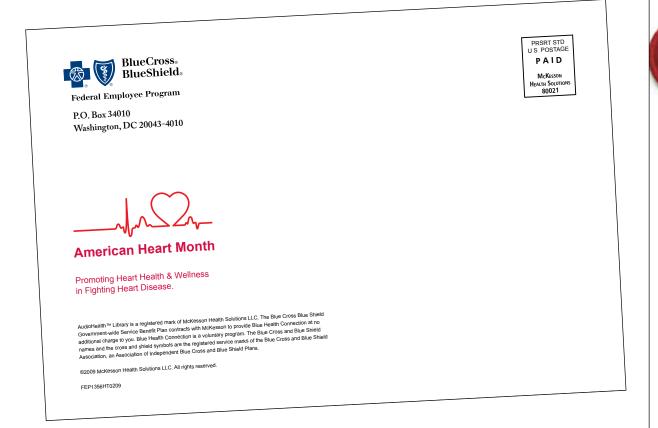
For more heart-healthy advice and information about American Heart Month, visit the American Heart Association's website. at: www.americanheart.org

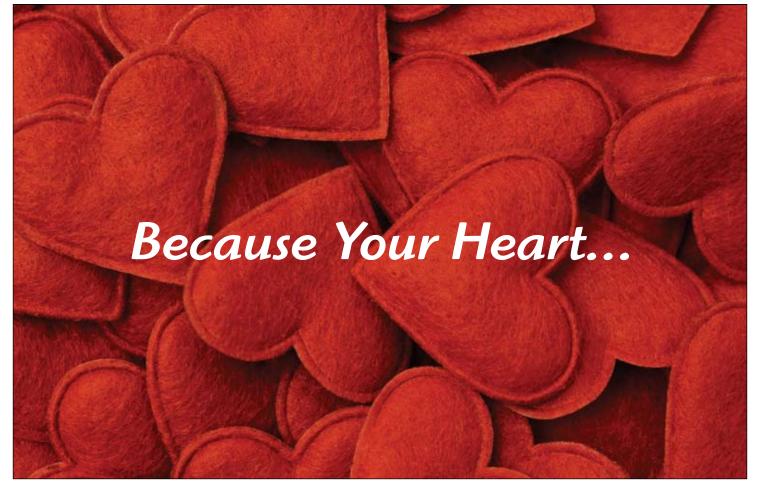
Learn more information about heart care through the AudioHealth™ Library by calling 1-888-258-3432. Press option #2. You can select any of the following heart care topics: 3626 - Heart Disease Prevention

3624 - Heart Attack Early Warning Signs 3631 - High Blood Pressure 4654 - Controlling Cholesterol

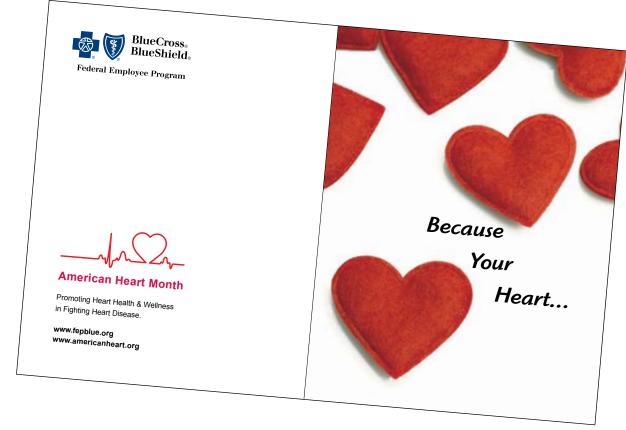
Take action and share this message...Detach the Valentine below and send this heart-healthy message to someone whose heart is important to you!













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.

BE AWARE that heart attack warning signs can be <u>different</u> for men and women. 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 mer such as shortness of breath, nausea/vomiting, and back or jaw pain





of your heart!

MCKESSON

Empowering Healthcare