# February NATIONAL HEART HEALTH MONTH

#### **Know Your Numbers**

Knowing your cholesterol, blood pressure, blood glucose, and body weight numbers can help you to better understand your heart health and prevent heart disease. Be sure to schedule your annual physical exam.

# **Know Signs and Symptoms**

Talking to your doctor about signs and symptoms of heart disease, heart attack, stroke, and other cardiovascular conditions can help with early detection.

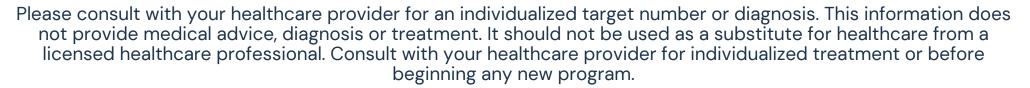
## Maintain a Healthy Lifestyle

Maintaining a healthy lifestyle that includes regular physical activity, managing stress, and a diet low in saturated fats, trans fats, and sodium can help to reduce the risk of heart disease.

# Living >> Well

### **Find Support**

Not sure where to start? Talking to your doctor and visiting *heart.org* can help give you the information you need to maintain a healthy heart.





Kentucky Employees' Health Plan

Sources:

heart.org, Heart-Health Screenings. https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/heart-health-screenings. Accessed 12/06/2024. heart.org. What is Cardiovascular Disease? https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease. Accessed 12/06/2024. heart.org. How to Help Prevent Heart Disease at Any Age. https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age. Accessed 12/06/2024.