



How to have a healthy heart

Did you know that hearts beat about 4,800 times an hour? Adopt these healthy habits now to avoid heart problems in the future:

- › Maintain healthy weight to lower the risk of high blood pressure, high cholesterol and diabetes.
- › Exercise for 30 minutes most days of the week.
- › Eat a diet rich in fiber, vitamins and minerals.
- › Manage stress through physical activity or relaxation exercises.
- › Get good sleep.
- › Don't smoke.
- › Get regular screenings, especially if heart conditions run in your family.

Heart health FEBRUARY

For additional support, Moda Health offers a free one-on-one health coaching program called X.

To talk with a health coach, call 877-277-7281 or email careprograms@modahealth.com. (TTY users, please dial 711.)

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