



Put some heart into your plans to stay healthy.

To lower your risk of developing heart disease, make healthy changes in your lifestyle. Controlling and preventing risk factors is also important for people who already have heart disease.

Some changes include:

- ▶ Watching your weight
- ▶ Quitting tobacco and staying away from secondhand smoke
- ▶ Controlling your cholesterol and blood pressure
- ▶ Drinking alcohol only in moderation
- ▶ Getting active and eating healthy
- ▶ Managing stress

▶ February

Heart health

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

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

♥ *get your health on*

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