



TAKE YOUR HEALTH TO HEART.

Heart disease kills approximately one woman every minute.¹

It is the number one killer of women and men in the United States.² But there are ways to help prevent and reduce your risk for this disease. Here are some heart-healthy suggestions to get you started.

Work with your doctor. Get a regular check-up, even if you feel healthy. Your doctor can check for conditions that put you at risk for cardiovascular disease, such as high blood pressure and diabetes – conditions that can go unnoticed for too long.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

Get your cholesterol checked. Your doctor should recommend when and how often you should get your cholesterol checked, based on age and risk factors. Make sure to get follow-up tests as recommended.

Eat a healthy diet.

Make sure to include:³

- › A variety of fruits and vegetables
- › Whole grains
- › Low-fat and fat-free dairy products
- › Skinless poultry and fish
- › Nuts and legumes (like beans)
- › Nontropical vegetable oils (like canola, safflower and olive oil)

Limit saturated fat, trans fat, sodium (salt), red meat, sweets and sugar-sweetened beverages. For more information on eating a healthy diet, visit www.ChooseMyPlate.gov.

Maintain a healthy weight. Being overweight or obese can increase your risk for cardiovascular disease. To determine whether your weight is in a healthy range, doctors often calculate a number called body mass index (BMI). They may also use waist and hip measurements to measure your body fat.

Exercise regularly. Physical activity can help you maintain a healthy weight, and lower cholesterol and blood pressure. It's recommended that adults engage in moderate-intensity activity (like brisk walking) for at least 150 minutes per week (30 minutes a day for five days).⁴

Remember to incorporate exercise into your day in different ways: Take the stairs instead of the elevator, or rake the yard instead of using the leaf blower. Exercising with friends and family can be a great way to stay healthy and have fun.

Together, all the way.[®]



Don't smoke. Cigarette smoking greatly increases your risk for cardiovascular disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, go to www.Smokefree.gov.

If you drink, limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.⁴

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

Take your medications. If you take a medication to treat high cholesterol, high blood pressure or diabetes, follow your doctor's instructions.



For more information, visit Go Red for Women at <https://www.goredforwomen.org>.



1. American Heart Association. "Facts About Heart Disease in Women." <https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/about-heart-disease-in-women/facts-about-heart-disease> (accessed March 13, 2017)
2. Centers for Disease Control and Prevention. "Women and Heart Disease Fact Sheet." https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_women_heart.htm (last reviewed/last updated June 16, 2016)
3. American Heart Association. "Lifestyle Changes for Heart Attack Prevention." http://www.heart.org/HEARTORG/Conditions/HeartAttack/PreventionTreatmentofHeartAttack/Lifestyle-Changes_UCM_303934_Article.jsp#.WMg1em8rlr8 (accessed March 14, 2017)
4. Centers for Disease Control and Prevention. "Preventing Heart Disease: What You Can Do." <https://www.cdc.gov/heartdisease/prevention.htm> (last reviewed/last updated August 10, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

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