

## YOUR EMPLOYEE ASSISTANCE PROGRAM

# February is National Heart Month

Cardiovascular disease is the leading cause of death in the United States; one in every four deaths is from heart disease. Some helpful tips to have a healthy heart include:

- **Eat a healthy diet.** Eat foods that are high in fiber, and low in fat and sodium.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. Visit [www.cdc.gov](http://www.cdc.gov) to determine if you are at a healthy weight.
- **Exercise regularly.** The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Monitor your blood pressure.** High blood pressure often has no symptoms. Have it checked on a regular basis.
- **Don't smoke.** If you don't smoke, don't start. If you do smoke, quit as soon as possible.
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure.
- **Have your cholesterol checked.** Talk with your doctor about this simple blood test.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully.

Your Employee Assistance Program can help you find information and resources to support heart health for you and your family. Visit [www.cdc.gov](http://www.cdc.gov) for more information on a healthy heart.

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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