

Are You at Risk?



You could be at risk for having a heart attack or stroke. There are certain factors that will put you at risk. Answer the questions and read below to find out if this applies to you.

Do you have any of the following risk factors?

- | | |
|---|---|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Family history of heart disease | <input type="checkbox"/> Not exercising |
| <input type="checkbox"/> Male over 45 or female over 55 years old | <input type="checkbox"/> Stress |
| <input type="checkbox"/> High cholesterol levels | |

If you answered YES to any of the above risk factors, you have a higher chance of getting heart disease. The good news is that you can control and change some of these risk factors.

What Can I do?

- Do not smoke.
- Eat healthy.
- Exercise 3 to 4 days per week for at least 30 minutes.
- Follow up with your physician regularly.

If you smoke and want to quit, please call us! We will connect you to a support program.

If you have any questions about heart disease, call the Cardiovascular Disease Manager at 1-877-903-0082, press 0 and then press 78212, Monday through Friday, 8:00 a.m. to 4:30 p.m. TDD users please call 1-800-691-5566.