



The facts.

- Heart disease is the **number 1 killer** of men and women in America.
- **Clogged arteries** reduce blood flow to your heart, causing heart disease.
- Heart disease **kills 1 in 4** people in the United States.
- **Smoking, not exercising, obesity and bad eating habits** can cause heart disease.
- In the United States, someone has a heart attack **every 42 seconds**.



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For more information, contact us today.
<1-XXX-XXX-XXXX>

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Live Heart Smart.
 Learn how today.



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Round

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UHC_CS

Team

Base Design: Mike
 Production: Lisa
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 Job: 11663

Project Details

Color(s): CMYK
 File Name:
 CST11663_NT16_HeartHealth_Brochure.indd

Dimensions

Flat: 8.5x11" @100%
 Fold: 3.6875x8.5"
 Software: InDesign CC

PRODUCTION



Heart disease is the leading cause of death for men and women.
We want to help you to **Live Heart Smart.**

At UnitedHealthcare Community Plan, we want you to know the causes of heart disease. And to help you to make changes to reduce your risk of developing heart disease.

What are the causes?

There are a number of factors that can lead to heart disease. These include:

- Being overweight.
- Lack of exercise.
- High blood pressure.
- Smoking.
- Diabetes.
- Bad eating habits.

Ways to lower your risk.

Making smart lifestyle choices can make a big difference. Here are things you can do to help reduce your risk of heart disease:

- Eat a healthy diet with lots of fruits and vegetables.
- Get regular exercise.

- Limit how much alcohol you drink.
- If you smoke, try to quit.
- See your doctor regularly.

Know your numbers.

About half of Americans have at least one of the warning signs of heart disease. It's important to see your doctor at least once a year. More often if there is heart disease in your family. Your doctor can check your:

- Blood sugar.
- Blood pressure.
- Waist size.
- Cholesterol level.
- Body Mass Index (BMI).

If you haven't seen your doctor recently, please make an appointment today.

Join a community of caring and self-help.

Live Heart Smart, is like having a support group to help you improve your health. The program includes:

- Jump Start Your Health, a 30-day quick-start guide.
- Fun events like line dancing, aerobics and walking.
- Helpful advice and feedback.
- No-cost health screenings to measure and track your progress.

Do you have chronic health issues? If you're a member of UnitedHealthcare Community Plan, a care coordinator will help you develop a plan to fit your individual health needs.