

# HELPING YOU TAKE CARE OF YOUR HEART HEALTH

## YOUR GUIDE TO BETTER HEALTH

## WHY HEART HEALTH MATTERS

Heart disease is the leading cause of death in the U.S., but many heart problems can be prevented or managed with early action and healthy habits.



**1 out of every 5 deaths in the United States are due to heart disease.<sup>1</sup>**



## WHAT IS HEART DISEASE?

Heart disease affects how well your heart works. **Coronary artery disease (CAD)** is the most common type of heart disease. It is caused by plaque buildup (cholesterol deposits) in the artery walls, which limits blood flow to the heart. When blood flow is blocked, it can lead to a **heart attack**.

## HEART DISEASE RISK FACTORS

Since there are often no symptoms for early heart disease, it's important to know your risk factors:

### You *can* change

- **High blood pressure**
- **High LDL cholesterol**
- **Smoking**
- **Physical inactivity**
- **Unhealthy diet**
- **Excess weight**
- **Stress**
- **Diabetes**

### You *can't* change

- **Age:** Risk rises as you get older.
- **Family history:** Early heart disease in close relatives increases your risk.
- **Sex:** Men develop heart disease earlier; women's risk rises after menopause.
- **Race and ethnicity:** Some groups, like African Americans, have a higher risk.

Regular checkups are important for your health. Ask your doctor about screenings for blood pressure, cholesterol, and glucose.

## ENROLL IN A CARE MANAGEMENT PROGRAM

Get personalized support to help protect your heart. With the Care Management Program, a care manager partners with you and your healthcare provider to manage heart health, at no extra cost. Scan the QR code or visit [fepblue.org/caremanagement](https://www.fepblue.org/caremanagement) to learn more.



## TAKE CHARGE OF YOUR HEART HEALTH

### Complete the Blue Health Assessment

The Blue Health Assessment (BHA) helps you understand your health risks and take action early, before small issues become bigger ones. Get started today at [fepblue.org/bha](https://fepblue.org/bha).

#### Here's how it works:

1. Answer a short questionnaire about your health.
2. Get a personalized score and plan to improve your health.
3. Earn \$50\* when you complete the BHA for the first time in 2026.

### Set health goals with Daily Habits

After you complete the BHA, you can use Daily Habits, our online health coaching tool that supports heart health, including managing heart disease and heart failure. Set goals for stress, weight and more, plus earn up to \$120\* for completing three of these activities. Learn more at [fepblue.org/daily-habits](https://fepblue.org/daily-habits).

*\*You must be the contract holder or spouse, 18 or older, on a FEP Blue Standard® or FEP Blue Basic® plan to earn incentive rewards.*

## GET NUTRITION SUPPORT FOR HEART HEALTH

Healthy eating plays a key role in heart health. Get personalized nutrition guidance to support your heart, fully covered with in-network providers or through virtual visits with a registered dietitian via Teladoc Health®. Visit [fepblue.org/telehealth](https://fepblue.org/telehealth) to learn more.

## START BUILDING HEART-HEALTHY HABITS TODAY

Small steps make a big difference. Every healthy choice supports your heart. See which healthy habits you can check off today:

- Be active most days, aiming for 150 minutes each week
- Eat heart-healthy foods (more fruits, veggies, whole grains; less salt and saturated fat)
- Avoid tobacco
- Limit alcohol
- Manage stress with relaxation, sleep, or movement
- Monitor your numbers: blood pressure, cholesterol, and blood sugar

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<sup>1</sup>Source: <https://www.cdc.gov/heart-disease/about/index.html#:~:text=Learn%20the%20Facts%20About%20Heart,Learn%20more%20facts>.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.

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