

# DID YOU KNOW... FEBRUARY IS **AMERICAN HEART MONTH?**



American Heart Month occurs every February, and it is a time in which everyone is encouraged to pay attention to their cardiovascular health. Heart disease, an umbrella term for a range of conditions that affect the heart, is the leading cause of death for adults in the United States. However, many forms of heart disease can be prevented or treated with healthy lifestyle choices.

## Symptoms

Symptoms of heart disease vary depending on the type of heart disease. However, some common symptoms include:

- Chest pain
- Sweating
- Heartburn or Indigestion

If you or someone you know is experiencing any of the above symptoms, please contact a physician.

## Risk Factors

Several risk factors may make you more likely to develop heart disease. These include:

- High cholesterol
- High blood pressure
- Type 2 diabetes

## Utopia WellCare

### *Eat Smart for Your Heart!*

According to the American Heart Association, a healthy diet is a key factor in preventing and managing heart disease. Utopia WellCare can help you to develop the most optimal diet on your heart-healthy journey.

Through Utopia WellCare, you can receive one-on-one virtual consultations with Board Certified Registered Dietitians. Consultations are covered under preventive care for employees enrolled in the Medical Plan and offers 6 **FREE** visits.

## Prevention

Certain types of heart disease can be prevented through simple lifestyle changes, and American Heart Month is the perfect time to start. Examples include:

- Reaching and maintaining a healthy weight
- Refraining from tobacco use
- Exercising for at least 30 to 60 minutes daily

## Sources:

- <https://www.cdc.gov/heart-disease/php/heart-month/index.html>
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>
- <https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118>
- <https://my.clevelandclinic.org/health/diseases/24129-heart-disease>

## Aetna Healthy Lifestyle Coaching

For employees enrolled in the Aetna Medical plan, Aetna Healthy Lifestyle Coaching is another available resource to aid in achieving a healthier lifestyle. Call 866.213.0153 to meet one-on-one with a Wellness Coach at NO cost to you for up to seven calls.

### *Ready to Get Started?*



Download the Utopia WellCare mobile app today and scan the QR code for more information or email

[info@utopiawellcare.com](mailto:info@utopiawellcare.com).