



ways to protect your heart and health

The key to keeping your heart strong and healthy is heart disease prevention.

Prevention first!

Follow these steps to help lower your risks of heart disease:

Know your numbers

It's important to have an annual exam, even if you feel great, so you can get an accurate picture of your health and check on crucial indicators including total cholesterol, blood pressure, body mass index, and blood sugar. Keeping tabs on these numbers can help you and your doctor spot early signs of heart disease.

Live a healthy lifestyle

Eating a heart-healthy diet low in saturated fat and cholesterol and high in fiber can help prevent high levels of "bad" cholesterol. Be sure to include fruits, vegetables, whole grains, and low-fat dairy products in your diet, to protect your heart. Staying active with regular exercise can help you and your heart stay fit while helping you maintain a healthy weight. If you smoke, quitting will greatly lower your risks.

Know your family history

Heart disease can run in the family, and if you have a family member with heart disease, talk to your doctor about your personal risks, and ways you can reduce your risks.

Learn more

Get helpful information at the *Health & Wellness* section of [blueshieldca.com](https://www.blueshieldca.com), click on *Condition Management*, then *Heart Problems* for articles on heart disease screenings, the latest research, and heart health.