

Managing Heart Disease

Determine your risk

- Check out the Heart Disease Risk Calculator on Healthwise® Knowledgebase through www.ibxpress.com.

Lower your blood pressure and cholesterol levels

- Sign up for free cholesterol test email reminders through www.ibxpress.com.
- Exercise regularly three or four times a week; however, be sure to talk to your doctor first.
- Eat healthy by starting a low fat diet.
- Quit smoking to reduce your risk of coronary artery disease by 50 percent in the first year after quitting.
- Talk to your doctor about medications and taking a daily aspirin.

Have questions? Ask a Health Coach at 1-800-ASK-BLUE (275-2583)

- “Heart disease runs in my family. How can I evaluate my risk?”
- “What is involved in getting my cholesterol checked?”
- “What can I do to lower my cholesterol?”
- “What kind of exercise can I do after a heart attack?”
- “I have diabetes. What heart complications are related to my condition?”

Take advantage of Independence Blue Cross incentives

- **Get active** – Up to \$150 off your fitness center fees.
- **Stop smoking** – Up to \$200 back for smoking cessation.
- **Lose weight** – Up to \$200 back for approved weight-management programs.



For more information, visit www.ibxpress.com or call **1-800-ASK-BLUE (275-2583)**.



**Independence
Blue Cross**

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