

# The Truth About Women and Heart Disease

Did you know heart disease is the No. 1 cause of death among women?

## ***Are You at Risk?***

- Do you have high blood pressure?
- Do you have high cholesterol?
- Do you have diabetes?
- Are you inactive?
- Are you a smoker?
- Are you overweight?

If you answered yes to any of these questions, you could be at greater risk for heart disease.

## ***Heart Attack Symptoms***

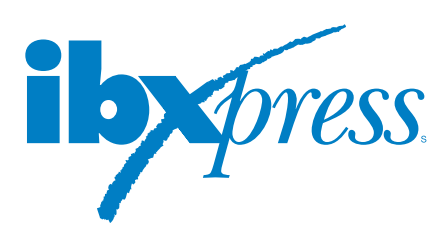
- Chest pain that grips the chest and spreads to the shoulders, neck, and arms
- Shortness of breath
- Heartburn
- Nausea
- Fatigue

## ***Heart Disease Is Preventable***

You can prevent heart disease through lifestyle changes and medication.

## ***Take Advantage of Incentives***

- **Get Active** – Up to \$150 off your fitness center fees
- **Stop Smoking** – Up to \$200 back for smoking cessation
- **Eat a healthier diet** – Discounts of up to 30% off nutrition counseling
- **Lose Weight** – Up to \$200 back for approved weight-management programs

 To learn more about heart disease, visit the Healthwise® Knowledgebase available through [www.ibxpress.com](http://www.ibxpress.com). Or call a Health Coach 24 hours a day, 7 days a week.



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