

# Are You Heart Smart?

Did you know...high blood pressure and high cholesterol contribute to heart disease?

***Maintaining healthy blood pressure and cholesterol levels can reduce your risk. Becoming heart smart is easy, and IBC can help!***

- **Sign up for free cholesterol test email reminders** through [www.ibxpress.com](http://www.ibxpress.com).
- **Quit Smoking** to reduce your risk of coronary artery disease by 50% in the first year after quitting. **Get up to \$200** back when you complete an approved smoking cessation program.
- **Exercise regularly** three or four times a week. **Receive up to a \$150 reimbursement** toward your fitness-center fees when you complete 120 workouts during a 365-day enrollment period.
- **Eat Healthy** by starting a low-fat diet. **Save up to 30%** on nutrition counseling through [www.ibxpress.com](http://www.ibxpress.com) or schedule up to six visits per year with a participating registered dietitian or physician at no cost to you through our Nutrition Counseling Benefit.
- **Personalize your homepage on [www.ibxpress.com](http://www.ibxpress.com)** with articles related to heart disease, high cholesterol, or high blood pressure.
- Use the **Target Heart Rate Calculator** available through [www.ibxpress.com](http://www.ibxpress.com).

**ibxpress.** Want more information?

- Log on to [www.ibxpress.com](http://www.ibxpress.com), and visit the Healthwise® Knowledgebase under the *Health Info* tab.
- Call or email a Health Coach 24 hours a day, 7 days a week.



**Independence  
Blue Cross**

**[www.ibxpress.com](http://www.ibxpress.com)  
1-800-ASK-BLUE  
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