Show Support for Women’s Heart Health
Wear Red on February 3

Every February, the American Heart Association encourages everyone to wear red on the first Friday of the month to raise awareness about the importance of heart health in women. **Heart disease is the leading cause of death of women in the United States.**

Every 80 seconds a woman dies from heart disease, but about **80 percent of these deaths are preventable through education and action.**

**How to tell if you’re at risk for heart disease**
High blood pressure, high LDL (low-density lipoprotein) cholesterol, and smoking are key risk factors. Other medical conditions and lifestyle choices can also put people at higher risk for heart disease, including:

- Diabetes
- Being overweight
- Eating an unhealthy diet
- Physical inactivity
- Drinking too much alcohol
- Tobacco use

**Steps you can take to reduce your risk**
- Maintain a healthy weight
- Increase activity
- Develop an exercise routine
- Follow a healthy diet
- Quit tobacco
- Limit alcohol

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