



Guard your heart

Be a heart disease hero



Like a true hero, you put your heart into everything you do. That's why it's so important to pay attention to your heart health. More than one in three adults in the U.S. has at least one form of heart disease. Could you be one of them?¹ Some forms of heart disease can't be prevented, but making healthy choices to improve your odds is truly heroic.

Check for signs of heart disease or heart attack

You might experience chest pain when you're active, excited or stressed. Sometimes it might show up after you've eaten a big meal or been outside in cold weather. It might feel like weight or pressure, aching, burning or even numbness.²

Other signs include:²

- Pain in your left shoulder, arms, neck, back or jaw
- Shortness of breath
- Irregular, faster or skipped heartbeats
- Weakness or dizziness
- Nausea
- Sweating

You may not have any symptoms at all. If you feel something isn't right, even if you don't have these symptoms, call your doctor.

Hey hero, be sure to talk to your doctor about your risk of heart disease and set up an appointment. No superpowers needed — just a phone!



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Sources

¹ Centers for Disease Control and Prevention website: Heart Disease and Stroke Prevention: Addressing the Nation's Leading Killers (accessed November 2014): cdc.gov/chronicdisease/resources/publications/AAG/dhdsp.htm.
² Centers for Disease Control and Prevention website: Heart Disease Facts (accessed November 2014): cdc.gov/heartdisease/facts.htm.

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MNYSH0310EBS Rev. 12/14