

AMERICAN HEART MONTH

*The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, **February marks American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.*



Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick. The PHA is the perfect opportunity to see your doctor and make sure your lab numbers are on track. Partner with your doctor and health care team to set goals for improving your heart health, and don't be afraid to ask questions and trust their advice.



Add exercise to your daily routine. If you're new to fitness start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.



Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices. Be mindful when eating out to choose fresh options and never add extra salt.



Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke. Learn more at CDC's Smoking and Tobacco Use website or schedule an appointment with CareATC.



Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

Want to schedule an appointment?

Log in at patients.careatc.com or call **800.993.8244**

Or use the CareATC mobile app! Search 'CareATC' in your Android or Apple app store. Download and log in using your patient portal username and password! Need help? Call 800.993.8244.

