

BE SMART

Take Care of Your Heart



7 Tips for a Healthy Heart

1. Control your cholesterol and blood pressure
2. Exercise at least 30 minutes a day, most days of the week
3. Practice healthy eating with fruits, vegetables, nuts, whole-grains and fish
4. Maintain a healthy weight
5. Learn to manage stress and get enough sleep
6. Don't smoke and avoid second-hand smoke
7. Treat diabetes if you've been diagnosed



If you have heart disease, call the "Healthy Living" program at (866) 766-8795 or go to www.AlereCares.com/OME-RESA. To attend this month's online seminar "What you can do to prevent Heart Disease" go to the "Healthy Lifestyles" website at www.ome-resahealthylifestyles.com.

The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.

© 2009 Inverness Medical. All rights reserved. Alere is a trademark of the Inverness Medical group of companies. MRC10.Heart.PS

Alere[®]

BE SMART

Take Care of Your Heart



7 Tips for a Healthy Heart

1. Control your cholesterol and blood pressure
2. Exercise at least 30 minutes a day, most days of the week
3. Practice healthy eating with fruits, vegetables, nuts, whole-grains and fish
4. Maintain a healthy weight
5. Learn to manage stress and get enough sleep
6. Don't smoke and avoid second-hand smoke
7. Treat diabetes if you've been diagnosed



If you have heart disease, call the "Healthy Living" program at (866) 766-8795 or go to www.AlereCares.com/OME-RESA. To attend this month's online seminar "What you can do to prevent Heart Disease" go to the "Healthy Lifestyles" website at www.ome-resahealthylifestyles.com.

The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.

© 2009 Inverness Medical. All rights reserved. Alere is a trademark of the Inverness Medical group of companies. MRC10.Heart.PS

Alere[®]

BE SMART

Take Care of Your Heart



7 Tips for a Healthy Heart

1. Control your cholesterol and blood pressure
2. Exercise at least 30 minutes a day, most days of the week
3. Practice healthy eating with fruits, vegetables, nuts, whole-grains and fish
4. Maintain a healthy weight
5. Learn to manage stress and get enough sleep
6. Don't smoke and avoid second-hand smoke
7. Treat diabetes if you've been diagnosed



If you have heart disease, call the "Healthy Living" program at (866) 766-8795 or go to www.AlereCares.com/OME-RESA. To attend this month's online seminar "What you can do to prevent Heart Disease" go to the "Healthy Lifestyles" website at www.ome-resahealthylifestyles.com.

The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.

© 2009 Inverness Medical. All rights reserved. Alere is a trademark of the Inverness Medical group of companies. MRC10.Heart.PS

Alere[®]