

# Protect Your Heart With the FACTS



Heart disease is the leading cause of death in the United States, but there are steps you can take to lower your risk!



If you have heart disease, it is important to make healthy choices to manage your condition. Take advantage of a health support program administered by Alere® and your care manager will:

- Help you monitor your heart disease to avoid complications.
- Help prepare you for doctor visits so you know what questions to ask.
- Provide information to help you increase physical activity and eat healthier.
- Help you understand how other conditions like high blood pressure, cholesterol and diabetes affect your heart disease.

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



If you have heart disease, call the "Healthy Living" program at (866) 766-8795 or go to [www.AlereCares.com/OME-RESA](http://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](http://www.ome-resahealthylifestyles.com).

**Who is at risk?** Both men and women are at risk for developing heart disease. There are many different risk factors, some which cannot be changed, like family history, advanced age and gender. There are many other lifestyle factors that you do have control over to prevent heart disease like exercise, nutrition and weight.

## How can it be prevented?

There are many things you can do to reduce your risk of heart disease.

- Don't smoke and avoid second-hand smoke
- Practice healthy eating
- Maintain a healthy weight
- Exercise regularly
- Monitor and control high blood pressure
- Control your cholesterol levels
- Treat diabetes if you've been diagnosed

## Who should be screened?

If you are at high risk for heart disease, you should visit your healthcare provider regularly. They may want to do an EKG or another test to examine your heart function. People of all ages should be screened for risk factors of heart disease like diabetes, high blood pressure, high cholesterol levels and obesity.

Source: Harvard School of Public Health

**Alere**®