



February Is American Heart Month

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Heart disease is one of the most widespread and complicated health challenges in the United States and around the world. Cardiovascular disease, disorders of the heart and blood vessels, accounted for approximately one in three deaths in the United States in 2017, according to the [American Heart Association](#). Also, more women die of heart disease than breast cancer. Women experience heart attacks much differently than men. In fact, most women feel no symptoms at all and don't realize they are having a heart attack. See the attached brochure for more information on women and heart disease.

This year, each day of the week has been given a theme. See if you and your family can pick a day(s) of the week to try some of these:

- **#SelfcareSunday** Set yourself up for success by creating a self-care checklist for the week.
- **#MindfulMonday** Know your heart stats, including blood pressure numbers.
- **#TastyTuesday** Enjoy a delicious, heart-healthy recipe.
- **#WellnessWednesday** Get your heart into your wellness routine.
- **#TreatYourselfThursday** Treat yourself to some fun and relaxation.
- **#FollowFriday** Share who inspires you to live a heart-healthy lifestyle.
- **#SelfieSaturday** Post a selfie with your favorite way to take care of your heart.

People, families, and organizations are encouraged to take steps to recognize each of these, from preparing heart healthy recipes, <https://www.emiia.org/well-aware/nutrition-weight-management>, to setting up an online support group to encourage one another to eat healthier, work out, and quit smoking. [Click here](#) for instructions to view available recordings.

Go to this website for information on our quit smoking program for MIIA BCBS members:
www.BecomeAnEX.org/signup/MIIA

