



February

AMERICAN HEART MONTH

Bring awareness to the
risks of heart disease
and ways to stay
HEART HEALTHY

#KnowYourRisk

The ABC'S of Heart Health

Appropriate Aspirin Use

Ask your doctor if aspirin will reduce your risk of heart attacks.

Blood Pressure Control

Monitor your blood pressure and work with your doctor to maintain a healthy blood pressure.

Cholesterol Management

Check your cholesterol and work with your doctor to make lifestyle changes.

Smoking Cessation

It's never too late to quit.

