



Benefits through the stages of your life.

BOARD CONNECTIONS

Get Started on These Heart-Healthy Steps

February is American Heart Month, a time to commit to doing whatever it takes to prevent cardiovascular disease in yourself and your loved ones. The American Heart Association recommends "The Simple 7" – seven simple steps to improve your heart health:

1. **Get active.** Get at least 30 minutes of moderate physical activity five days a week to reduce your risk of heart disease. Members of the active Medical Plan can stay motivated by using the Steps & Physical Activity tracker on the ActiveHealth Management website, myactivehealth.com/pcusa.¹
2. **Control cholesterol.** Schedule a cholesterol screening; eat foods low in cholesterol, trans fats, and saturated fats and high in fiber; and stay physically active. Launch your Personal Health Record (PHR) on myactivehealth.com/pcusa and when you visit a Quest Diagnostics lab² for your blood work, the results will automatically appear in your PHR. This way you can easily track changes in your cholesterol level (if you use a different lab, you can enter your results manually for tracking purposes).
3. **Eat better.** Eat a heart-healthy diet, and improve your chances for staying healthy. Eat foods high in whole grain fiber, lean protein, and a variety of colorful fruits and vegetables.
4. **Manage blood pressure.** Reduce high blood pressure, the single greatest risk factor for heart disease, by eating a heart-healthy diet, enjoying regular physical activity, maintaining a healthy weight, managing stress, limiting alcohol, and avoiding tobacco smoke. Monitor your blood pressure with the Blood Pressure tracker on myactivehealth.com/pcusa.
5. **Lose weight.** Keep track of your exercise, weight, and body mass index (BMI) using the Steps & Physical Activity and Weight & BMI trackers on myactivehealth.com/pcusa. If you have too much fat, you're at a higher risk for such health problems as high blood pressure, high cholesterol, and diabetes.
6. **Reduce blood sugar.** Work closely with your healthcare provider if you have diabetes. Your doctor may prescribe adjusting your diet, managing your weight, and exercising, along with medication. Keep track of your triglycerides using the Triglycerides tracker and your exercise using the Steps & Physical Activity tracker on myactivehealth.com/pcusa.
7. **Stop smoking.** Enroll in the [ActiveHealth Management Tobacco Cessation program](#),³ a free program for active Medical Plan members, their covered partners, and their dependent children age 18 and older residing in the United States, for help quitting tobacco.

Remember, if you are an active member, covered partner, or covered child, you can visit the doctor for an annual well visit at no cost to you (\$0 copay). Plus, the [preventive care benefit](#) covers 100 percent of the plan allowance for eligible screenings, which include those for high blood pressure, cholesterol, and diabetes.

Heart disease may be the leading cause of death in the United States, but it is highly preventable. Get started on the Simple 7 today!

^{1, 3} Available only to members of the active Medical Plan of the PC(USA); not available to those enrolled in Anthem, Cigna Global Health Benefits, or Triple-S, or to retired members covered by the Medicare Supplement Plan.

² Many, but not all, Quest Diagnostic labs are in network; before receiving services, check with Highmark to determine if your lab is a network provider.