



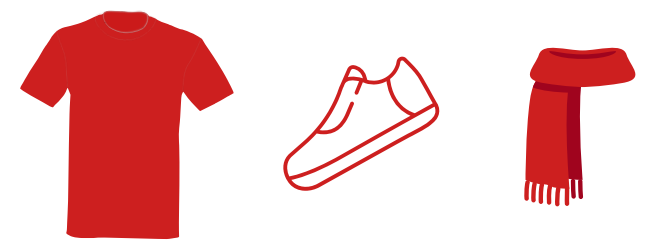
Maintain Your Heart Health

While there are some risk factors that contribute to heart disease that you can't control, there are also many things you can do to preserve your heart health.

- Do not use drugs & drink in moderation.
- Maintain a healthy weight and move your body regularly.
- Follow a low-fat, low-cholesterol diet.
- Limit your sodium intake to between 1,500 and 2,400 milligrams per day.
- Monitor your stress levels and practice self care.
- Schedule your annual preventive care visit.

By putting these items into practice you can slash your risk of heart disease dramatically. If this guidance seems overwhelming, consider selecting one or two of these items to work on. Making one change can be beneficial to your health!

National Wear Red Day Friday, February 4th



Wear red in support of National Wear Red Day and Go Red for Women. Heart disease is the leading cause of death in women in the United States and we want you to be red-y to show off your red apparel in honor of this day!

Don't Delay Preventative Care

The once-a-year checkup has been considered a standard of health care, but many people may be putting off routine appointments during the pandemic. Preventive care allows health care providers to detect diseases or medical problems before they turn serious. Preventive care includes physical and mental health screenings, cancer screenings, annual checkups and immunizations.

FEATURED ACTIVITY

Try out a Heart Healthy Recipe

Scan the QR code to view heart healthy recipes! Pick one to try out and snap a photo of what you made. Send the photo, along with your name, the recipe, and why you chose this recipe to **BeWell@cretex.com** to be eligible to receive an incentive.

