

TRS-ActiveCare
**SHOW YOUR HEART
SOME LOVE**



BlueResourceSM – Controlling Your Condition – Caring for Your Heart

Everyday Choices Affect Your Heart

Doing things to keep healthy doesn't have to be hard. Little things make a big difference:

- use the stairs – skip the elevator
- quench your thirst with water
- spend less time binge-watching and more time sleeping
- take a tech break to meditate and de-stress
- get your steps in by taking brisk walks



Protect your heart so you can spend more time with people you love.

Source: *Keep Your Heart Healthy*. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.

764682.1223



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association