

Heart disease is a silent killer



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Is your Heart Healthy?

[Check Your Heart](#)

Heart disease is the number one killer of women in the United States.

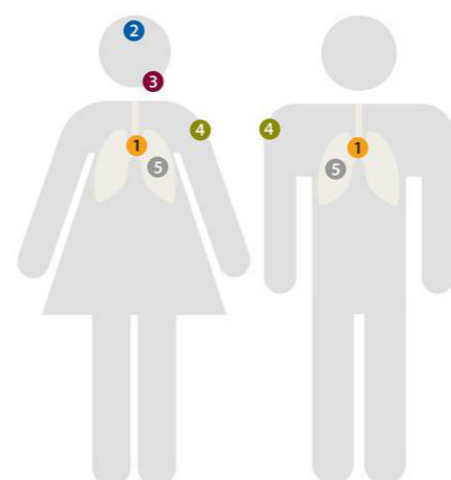
With so much at stake, it's smart to know the warning signs and ways to reduce your risk.

Signs of Heart Disease in Women

Heart disease, also known as cardiovascular disease, affects the heart and blood flow to the heart. It boosts your risk for heart attacks and sudden cardiac arrest. Symptoms of heart attacks in women can appear much different than in men. Women may not feel sudden chest pains. Instead, you may feel:

- pain in the neck, jaw, throat, upper abdomen or back
- indigestion or heartburn
- upset stomach or vomiting
- exhaustion
- shortness of breath
- dizziness or lightheadedness

If you have any of these symptoms, **call 911 right away.**



- 1 Chest pain or discomfort
- 2 Nausea, feeling light-headed or unusually tired
- 3 Pain or discomfort in the jaw, neck, or back
- 4 Pain or discomfort in the arm or shoulder
- 5 Shortness of breath



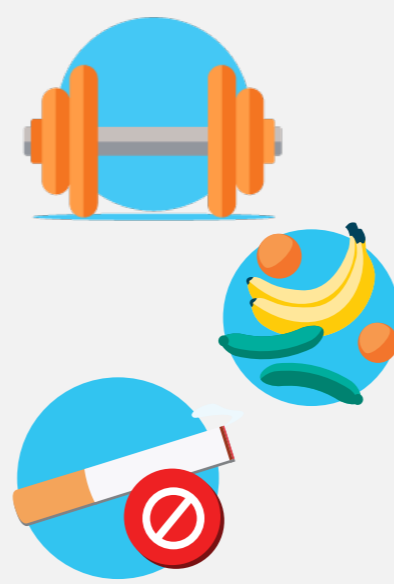
Don't let the fear of being wrong stop you from making a life-saving phone call. If it's not a heart attack, those same signs often warn of heart disease. Along with symptoms it shares with heart attacks, heart disease may feel like:

- fluttering in your chest, called palpitations or arrhythmia
- swelling of your feet and legs, abdomen, or neck veins

Risk Factors in Women

Several health conditions, lifestyle choices and your family history can increase your risk for heart disease.

- high blood pressure
- obesity
- high cholesterol
- polycystic ovary syndrome (PCOS)
- smoking
- stress and depression
- diabetes
- age



You can't control your family history, but the good news is that many heart attacks can be prevented with the right lifestyle changes. Diet and exercise are a great place to start. Join the [Fitness Program](#) today, and you won't pay an enrollment fee¹.

Ask your Primary Care Provider about your heart health at your next visit. If you need help finding a PCP, use our [Provider Finder](#)[®] to search by location, gender and specialty. A Personal Health Guide can help you find an in-network provider 24/7. Call **1-866-355-5999** or chat through the BCBSTX App.

[Check Your Heart](#)

www.bcbstx.com/trsactivecare



Sources:

[About Heart Disease](#), Centers for Disease Control and Prevention, 2022
[Women and Heart Disease](#), Centers for Disease Control and Prevention, 2023

¹You are leaving this website/app ("site"). The new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. Some sites may require you to agree to their terms of use and privacy policy.

²New members must enter the coupon code, **WOTENROLL4FREE**, to qualify for free enrollment until March 31. Members who do not use this coupon code will be charged the standard fee. After March 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers.

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