

Heart attacks are on the rise in young women



- [Plan Highlights](#)
- [Doctors and Hospitals](#)
- [Health and Wellbeing](#)
- [Tools and Resources](#)



Heart attack symptoms in women

[Learn the Signs](#)

You're probably not thinking about heart attacks. You're too young for that, right? **But heart attacks are rising in younger people between 25 and 44 – especially women.**

Heart attack symptoms for women are different than for men. You may have sharp pain in your chest, but you may also have:

- dizziness
- shortness of breath
- fatigue
- nausea or vomiting
- indigestion or heartburn
- upper back pressure

Self-care but make it heart health

How's your self-care routine looking? If you're not paying attention to your heart, you're not just missing out. You could be putting your health at risk.

With heart attacks on the rise in young women, these benefits included in your TRS-ActiveCare plan can help you take care of yourself and stay healthy:

- 100% Covered Preventive Care**
 At your annual wellness exam, your Primary Care Provider will check your blood pressure and cholesterol and recommend more tests if needed.
- Fitness Program**
Already going to the gym? You might be missing out on a discount!
Ready to start? Choose from large gyms, boutique classes and digital options.
- Personal Health Guides**
 Call or chat for help finding a provider, making a doctor's appointment, getting claims info or using any of your benefits.
- \$0 Wellness Coaching**
 Did you know you can work one-on-one with a registered dietician, nutritionist or fitness expert for \$0?! This is an easy, no-cost way to boost your heart health.
- Mental Health Benefits**
 There's a connection between stress and heart attack risk! In-person and virtual mental health care can help.



If you think you're having a heart attack, call 911 or go to the nearest emergency room right away.

[Learn the Signs](#)

www.bcbstx.com/trsactivecare



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

1001 E. Lookout Drive, Richardson, TX 75082
 © Copyright 2024 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#) | [Non-Discrimination Notice](#) | [Language Assistance](#) | [Update Your Preferences](#) | [Unsubscribe](#)
[View in Web Browser](#)

