

The symptoms may surprise you



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If you have a heart attack, you may have sharp pain in your chest. But symptoms for women also include:

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

TRS-ActiveCare makes it easy to take care of your heart

Knowing the symptoms can save your life. So can these benefits included in your TRS-ActiveCare plan:

- 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.
- Mental Health Benefits**
There's a connection between stress and heart attack risk! In-person and virtual mental health care can help.
- 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.



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



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