

Chest pain isn't the only warning.



ACTIVECARE



BlueCross BlueShield  
of Texas

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Keep your heart healthy


Know the Signs



Heart Disease is the number one killer of women and men in the United States. With so much at stake, it's smart to know the warning signs and ways to reduce your risk.


Do you know the signs of a heart attack?


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. **A heart attack doesn't always cause sudden chest pain, especially in women.**





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


Know the Signs


 chest pain or discomfort


 pain or discomfort in the arm or shoulder


 shortness of breath


 upset stomach or vomiting

 pain in the neck, jaw, throat, upper abdomen or back

 indigestion or heartburn

 exhaustion

 dizziness or lightheadedness

 anxiety

Eat your way to a healthy heart

A poor diet and lack of exercise can cause plaque to form in arteries. Plaque buildup can begin as early as adolescence. This paves the way for a possible heart attack.

There are lifestyle choices and changes you can make to lower your risk. **When you control your risk factors, you help protect your heart.** It's easy to get started.

Start Now

Healthy Heart, Healthy You

Dive deeper into wellness with wellness webinars created just for YOU! These educational presentations will cover a new health and wellness topic every month.

Wednesday, Feb. 26

12 p.m. - 12:45 p.m.

5 p.m. - 5:45 p.m.


It covers:

- heart disease
- risk factors
- high blood pressure
- tips for improving heart health

Register today!

12:00 p.m. Webinar

5:00 p.m. Webinar



Use your benefits to get and stay heart healthy

Your TRS-ActiveCare plan offers you so much more than coverage for doctors' visits. It includes a variety of programs to help you take a well-rounded approach to your health and wellness **at little to no extra cost.**


• **The Fitness Program:** Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.

Sign Up

• **Well onTarget® Wellness Coaching:** What if you had access to a personal coach who could help you set and meet your health and wellness goals? You can work with a nutritionist, a fitness expert or another type of credentialed health expert for free.




Sign Up


Have a question?




Call or chat with a plan specialist, anytime. Personal Health Guides are your plan experts. They help make your health plan easy to understand and help you maximize your benefits. Connect with a PHG by calling **1-866-355-5999** or chatting through the **BCBSTX App**.

9:00





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[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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