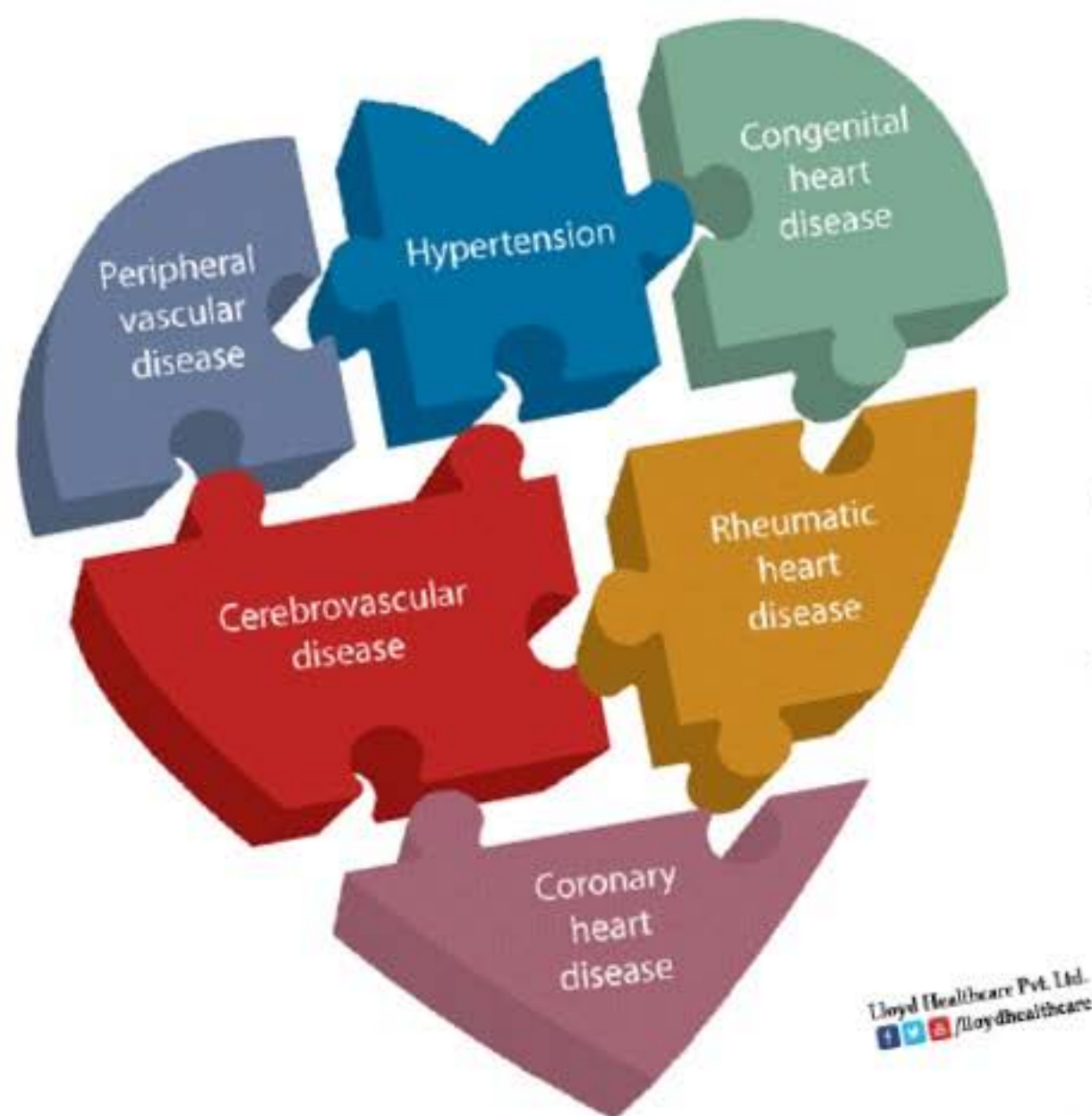




One in every three Americans has at least one form of heart disease. How's your heart health?



What Is Heart Disease?

Heart disease is a general term that refers to a variety of medical conditions that affect one or more components of the heart. Anything that damages the heart or decreases the heart's supply of oxygen, makes it less efficient, or reduces its ability to fill and pump will disrupt the coordinated relationship between the heart, kidneys, and blood vessels and can harm not only the heart but the rest of the body as well.

Learn about the different types of heart disease

<https://medbroadcast.com/channel/heart/understanding-heart->

Learn how you can prevent heart disease

<https://medlineplus.gov/howtopreventheartdisease.html>

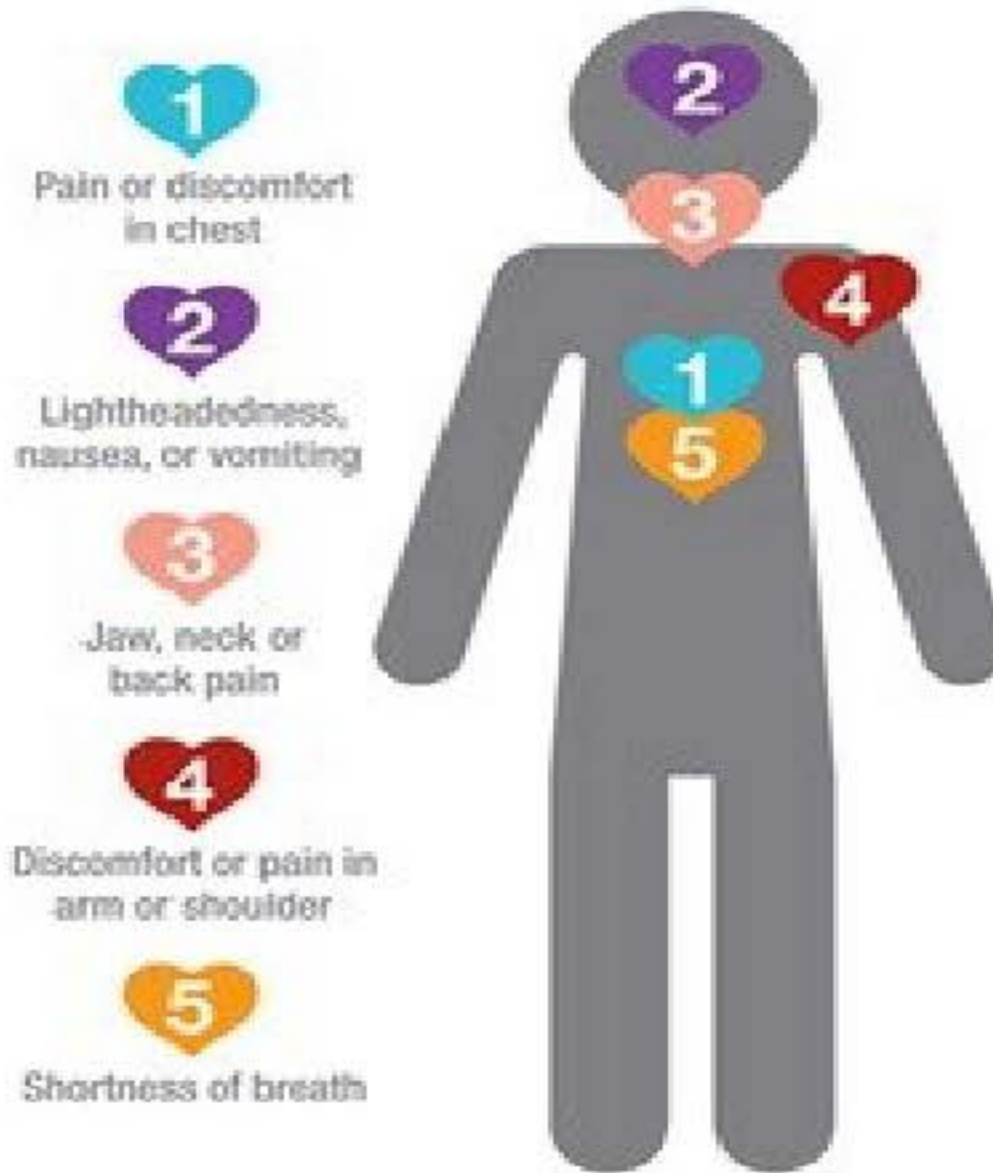
If you feel like you're experiencing a heart attack or stroke, seek medical attention immediately!



American Heart Association®

life is why™

Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

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Stroke – there's treatment if you act FAST.



Face
Face look uneven?



Arm
One arm hanging down?



Speech
Slurred speech?



Time
Call 911 NOW!

1623

New York State Department of Health

4/07

Heart.org

Learn More About Heart-Healthy Living



Learn More At: www.healthyfranklincounty.org/february-american-heart-month

Know When to Seek Emergency Care for COVID-19 and Heart Problems

Get to know the signs of a COVID-19 infection. The U.S. Centers for Disease Control and Prevention (CDC) says to watch out for:

- Dry cough * Fever or chills * Shortness of breath or trouble breathing * Muscle pain * New loss of taste or smell * Gastrointestinal symptoms like nausea, vomiting, or diarrhea

But heart and stroke symptoms also spell trouble — and could signal COVID-19 infection as well. Watch for:

- Chest pain or pressure, especially during physical activity * Facial drooping on one side of the face * Arm weakness or numbness on one side of the body * Speech changes, including slurred or garbled speech * Loss of vision * Severe headache

Three Things to Know about the COVID-19 Vaccine

1. Anthem members will receive the COVID-19 vaccination at no cost.

Anthem will cover the cost of the COVID-19 vaccine. This applies to all members, regardless of the type of health plan they have, or which doctor or healthcare professional they choose to visit for COVID-19 vaccination.

2. The FDA has approved the vaccine.

Researchers have studied vaccine reactions and potential side effects throughout the trials. The FDA and outside experts carefully reviewed all of the clinical trial data when weighing approval of the vaccine.

3. Vaccine distribution has begun.

Right now, the CDC recommends that healthcare workers and residents of nursing homes and long-term-care facilities be the first Americans to receive the vaccine.

The CDC recommends that frontline essential workers and people who are 75 years old or older be vaccinated next. According to the CDC, frontline essential workers include:

- First responders (firefighters, police)
- **Education (teachers, support staff, daycare)**
- Food and agriculture
- Manufacturing
- Corrections workers
- U.S. Postal Service workers
- Public transit workers
- Grocery store workers

TrustWellness will keep you updated. If you'd like to learn more about the vaccine, visit the CDC's website at: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

Resources:

Eat Healthy For Your Heart

Learn how a plant based diet can improve your heart health.

Go to:
CSDInsurancetrust.com, click on the *TrustWellness* tab, then *Better Nutrition*

Move More For Your Heart

Register for TrustWellness District Activity Challenge at: TrustWellnessactivitychallenge.com

Learn how to add more activity to your daily routine at: CSDInsurancetrust.com, click on the *TrustWellness* tab, then *Increased Activity*

Links For Better Heart Health

- >CSDInsurancetrust.com
- >Anthem.com
- >Heart.org
- >Smokefree.gov
- >samhsa.gov/find-help/national-helpline
- >Cardiosmart.org