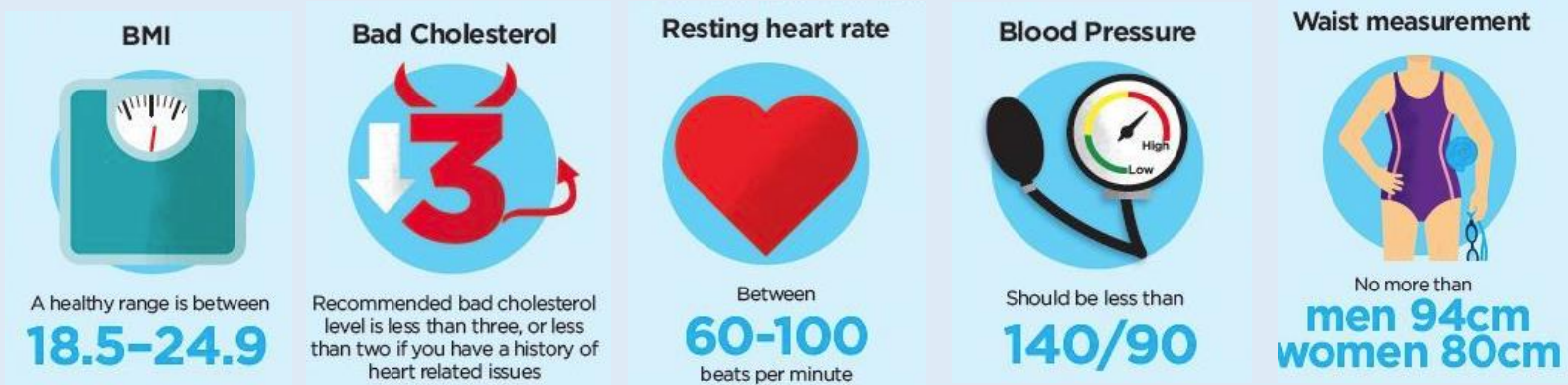


Know your numbers...



You may have heard that you need to “know your numbers”, which refers to key markers of heart health like blood pressure, cholesterol, blood sugar, body mass index (BMI), and waist circumference. By keeping those numbers within a healthy range, you can greatly improve your health and reduce your risk for heart disease.

It is important to schedule your annual check-up to test these numbers with your primary care physician. If you don't have a PCP, you can log in to your medical carrier's website to find one that is in your network. You can also reach out to your Employee Assistance Program (EAP) to have a Work/Life specialist help you choose at <https://members.healthadvocate.com>

Fun facts....

