

## February is American Heart Month

Did you know that heart disease is the leading cause of death in the United States? Every year, 1 in 4 deaths are caused by heart disease.

Some common causes of heart disease include - coronary heart disease, high blood pressure, diabetes, smoking, and excessive use of alcohol and caffeine. Heart disease can often be prevented by making healthy choices and managing your health conditions.

Here are a few simple tips to be **Heart Smart**:

- Eat more fish and vegetarian proteins, like beans and legumes in place of red meat or cheese.
- Include healthy fats in your diet - like olive or canola oil, instead of butter.
- Avoid commercial “fat-free” or “low-fat” foods. These are often much higher in sugar and salt, which we know can increase your risk of heart disease.
- Fill half of your plate with fruits and vegetables.
- Watch your portions. If you enjoy an indulgent food, cut your portion in half.
- Quit tobacco use.

If you are enrolled in a Compass Group PPO medical plan, INTERVENT can help – giving you support, encouragement and expert guidance to create a personal healthy-living plan.

Call 866-334-2137 to get started today!