

Give your heart some love

LiveWell @ Prisma Health

Your heart is essential to your overall health, and taking care of it can help you live a longer, healthier life. In February, learn about how to make heart health a priority.

Know Your Numbers

Biometrics such as blood pressure, blood glucose, and cholesterol are key indicators of health gathered from a blood draw and a few measurements. You can get your numbers through a free preventive care visit with your primary care physician, completing an at-home test kit from Catapult (Prisma Health medical plan members only), or by scheduling a screening at a Team Member Care Center.

Healthy lifestyle changes can help manage or even prevent heart disease and many other chronic conditions. Learning what your numbers mean can help you know if you are at risk, so you can make changes that will have the most impact on your health.

5 tips for a healthier heart:

- 1. Keep moving.** Aim for at least 30 minutes of moderate exercise most days. Activities like brisk walking, biking or swimming can strengthen your heart and boost circulation.
- 2. Eat smart.** Focus on fruits, vegetables, whole grains and lean proteins. Reducing saturated fats, sodium and processed foods can lower blood pressure and improve heart function. Visit the Physical Wellness page on **Benefits for My World** for available nutrition resources.
- 3. Manage your stress.** Chronic stress can increase your blood pressure and harm your heart. Regular practices like meditation, deep breathing or hobbies you enjoy can help reduce stress and keep your heart strong.
- 4. Get enough sleep.** According to the American Heart Association, a regular sleep schedule helps lower your blood pressure. Try to get 7–8 hours each night to help your body repair and recharge.

Prisma Health team members are eligible for a free **Headspace** account, via **Benefits for My World**. **Headspace** offers free guided meditations, calming sounds and breathing exercises to promote relaxation and restful sleep.
- 5. Limit alcohol and smoking.** Excessive alcohol and smoking are major risk factors for heart disease.

Ready to quit? Join a **free Quit Tobacco program** through your **TELUS Health EAP** or a **Team Member Care Center**.

February checklist

Here are a few things you can check off your list this month to help you take care of your heart.

- Visit the Prisma Health Wellness Portal** to learn how you can connect with your physician, Team Member Care Center, or complete a virtual screening to Know Your Numbers.
- Connect with a health coach** to learn what your blood work tells you about your risks. The Prisma Health Wellness Portal can help you learn about the coaching options available to team members.
- Wear red on Friday, February 7**, for National Wear Red Day to help raise awareness of heart disease.

Remember! Small, consistent changes can make a big difference in how you feel and take time to L.I.V.E every day.



Lower shoulders and close your eyes



Inhale and focus on your breath



Validate your feelings and emotions



Exhale and release your tension



Scan the QR code to visit the Wellness for Every Month page on **Benefits for My World** for more information and resources.