



Love your heart

Your heart is the hardest working muscle in your body

Heart disease has been the leading cause of death for people in America for decades.

We can't control some of our risk factors for heart disease, like age and family history. But there are things we can do to help keep our hearts healthy and strong.

You don't have to make all of these changes at once. You can make a small change, then another and another. Over time these small steps can lead to a big difference for your heart.

Aetna.com

1739358-02-01 (1/23)



Did you know?

Your heart pumps about **2,000 gallons** of blood every day.¹

¹ American Heart Association. Heart facts infographic. Available at: <https://Newsroom.heart.org/file?fid=59a7145e2cfac2546cae1995>.

Accessed August 22, 2022.



Tips to help keep your heart healthy



Eat a heart healthy-diet

Include plenty of colorful fruits and veggies. Choose lean proteins and whole-grain foods with a lot of fiber.



Be active

Our bodies were made to move. Aim for 150 minutes of moderate-intensity activity each week.



Manage your stress

Find healthy coping strategies that work for you, like spending time with friends and family.



Keep a healthy weight

Talk to your health care provider about what yours is. Balance your calories and activity to help you get and stay there.



Limit how much alcohol you drink

If you drink at all, keep an eye on how much. Stick to one.



Stay tobacco-free

Smoking puts stress on your heart and raises your risk of a heart attack.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). This material is for informational purposes only and is not intended to be or substitute proper medical advice from a qualified provider. Information is accurate as of the date of production and is subject to change. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to **Aetna.com** for more information about Aetna® plans.

Visit **[Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html)** to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 04.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.

[Aetna.com](https://www.aetna.com)

©2023 Aetna Inc.
1739358-02-01 (1/23)

