



Have you had your blood pressure checked lately?

You can help prevent future heart attacks or strokes by getting your blood pressure checked. If it has been a while, schedule a visit with your healthcare provider for a blood pressure check today.



GET REWARDS!
Learn more inside.



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In touch

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Managing your health to earn rewards

The Blue Health Assessment (BHA) can help you identify and address health risks before they become a problem. Answer some simple questions, and, in just 10 minutes, you'll receive a personalized plan for healthier living. Also, you may earn a \$50 reward that can be used to pay out-of-pocket medical expenses*.

*FEP Blue Focus members not eligible for BHA reward



Sign up today for a **FREE** secure MyBlue[®] account! Visit www.fepblue.org/myblue to complete the BHA.

Inside

A **HEALTHIER HEART** starts with these steps

Steps to better heart health

If you have congestive heart failure (CHF), coronary artery disease (CAD) or high blood pressure, taking small steps every day to help manage your condition can make you feel good and stay healthy longer.

Medications matter

Medications called statins can help lower your risk for a heart attack and stroke. Statins work by helping to prevent too much cholesterol from building up in your arteries. If you already have heart disease, statins can also lower your risk for more medical procedures.

The American Heart Association says severe side effects from statins are rare and the benefits are much greater than the risks.

You must take statins as prescribed. If you have any worries, talk with your healthcare provider.

Living well

Take these steps for a healthier heart:

- Ask your healthcare provider for help making a healthy diet plan.
- Get at least 150 minutes (two hours and 30 minutes) of moderate-intensity aerobic activity every week. Break it up into smaller sessions if needed.
- Keep track of how much water you drink every day. Ask your provider how much water you should be drinking.
- Check for weight gain and swelling in your legs, ankles and feet every day. Talk with your provider if you see any changes.
- Get six to eight hours of sleep each night.
- Limit drinks with alcohol. (Men: no more than two alcoholic drinks per day. Women: no more than one alcoholic drink per day.)
- If you smoke, quit. Talk with your provider about developing a plan to quit smoking.

Remember to visit your provider for regular checkups.

Diagnosed with high blood pressure?

If you are 18 years or older and have been diagnosed with hypertension (high blood pressure), you may receive a letter with instructions on how to get a free blood pressure monitor. Visit www.fepblue.org/highbloodpressure for more information.

