



[Spanish](#) | [View Email in Browser](#) | [Contact Us](#) | [Member Website](#)

## 9 ways to protect your heart

Heart disease remains the leading cause of death in the U.S. While some people are born with heart disease, keep in mind that there are many risk factors—from being overweight to high blood pressure—that can be controlled or modified through lifestyle changes or medications, reducing your chances of developing heart disease. Make 2020 your year to take steps to protect your heart! Step one: talk to your doctor about your personal risks. Read on to follow more heart-healthy actions.

[Find out more >>](#)



### Be heart-healthy—exercise!

Just like any muscle, your heart needs exercise. In fact, exercise is one of the best things you can do to improve the strength and efficiency of your heart. As a result, your heart becomes stronger and more efficiently pushes blood throughout your body with the help of your lungs. Regular exercise may help reduce



### Getting along with others—even difficult people!

Misunderstandings are all too common in communicating with other people, especially when dealing with a headstrong know-it-all, a stoic, silent type, or some other personality you find frustrating. You may feel that you are

your risk of heart disease by half! Try these tips to help you get started with, maintain, and maximize a heart-healthy exercise routine.

[Learn how >>](#)

not being heard or taken seriously, or that you are being attacked if the person holds views vastly different from yours. Try to keep your emotions in check and use these tips to help make your dialogue go more smoothly.

[Read now >>](#)



## Heart Health Month

Learn your risk factors and how to take control of your heart health from the Centers for Disease Control & Prevention.

[Click here >>](#)



**866.695.8622**

Visit Your Member Site  
[answers@healthadvocate.com](mailto:answers@healthadvocate.com)

**Download the app today**



**24/7 Support**

Visit your Health Advocate member website for information, tools and tips!

[Click here](#) for our award-winning healthcare blog

**HealthAdvocate™**

We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

This email was sent by:  
Health Advocate  
3043 Walton Rd.  
Plymouth Meeting, PA  
19462 US

[Go here](#) to leave this mailing list or [modify your email profile](#).  
We respect your right to privacy. [View our policy](#).