

# Take your health to heart.

Did you know that 80% of heart disease is preventable through lifestyle changes?\* Staying informed about how your heart is doing and staying up to date with essential screenings are key to maintaining good overall health.

## What is heart disease?

Heart disease is a general term used to describe conditions that affect the heart's structure and how it functions. They include hardening of the arteries, a buildup of fatty deposits, pain or discomfort in the chest, and heart attack.

## What are the symptoms of heart disease?

People in the early stages of heart disease often don't have symptoms, which is why regular check-ups with your doctor are important. In fact, many people don't have symptoms until they experience a heart attack or a related medical problem.

## How do I keep my heart healthy?

Exercising, quitting smoking, maintaining a healthy weight, and managing stress are just a few things you can do to keep your heart healthy. Talk to your doctor for advice on the specific steps you should be taking.



### Did you know?

**1/4** Heart disease causes 1 in every 4 deaths in the U.S.\*\*



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## How can Doctor On Demand help?

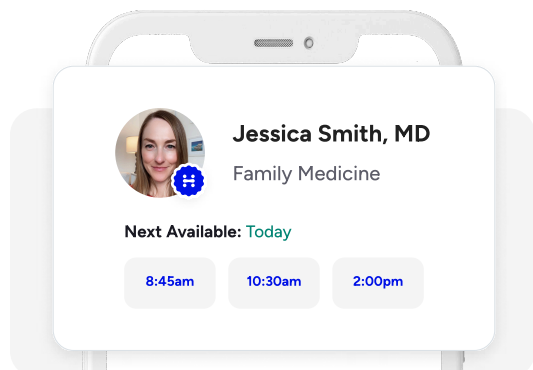
With Doctor On Demand, you can:

- See a doctor online in a matter of minutes for prescription support, symptom management, and more.
- Connect with a therapist or psychiatrist if you're struggling with the emotional and mental impacts of your heart condition.



"The response was so rapid, and the expert was so complete and it just really, really set my mind at ease. It was just a godsend and I'm so glad I remembered that I had this service."

—Member



\*Source: The American Heart Association

\*\*Source: CDC



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