

Health & Wellness

Tip of the Week

February is all about having a **healthy heart**. It is the perfect time to remind you about the importance of screenings and making heart health a habit!

Beat Congestive Heart Failure

Take Care of Yourself

- ☞ Stop smoking because it damages your blood vessels, reduces the amount of oxygen in your blood and makes your heart beat rapidly. Ask your physician to recommend a program to help you quit.
- ☞ Extra body weight makes your heart work harder. If you are overweight, talk to your physician about ways to get your weight within an acceptable range.

See Your Physician

- ☞ Keep regular appointments with your physician, so that he or she can monitor your condition and adjust your medications, if necessary, to help minimize your symptoms. If you notice a new symptom or if others get worse, call your physician immediately.

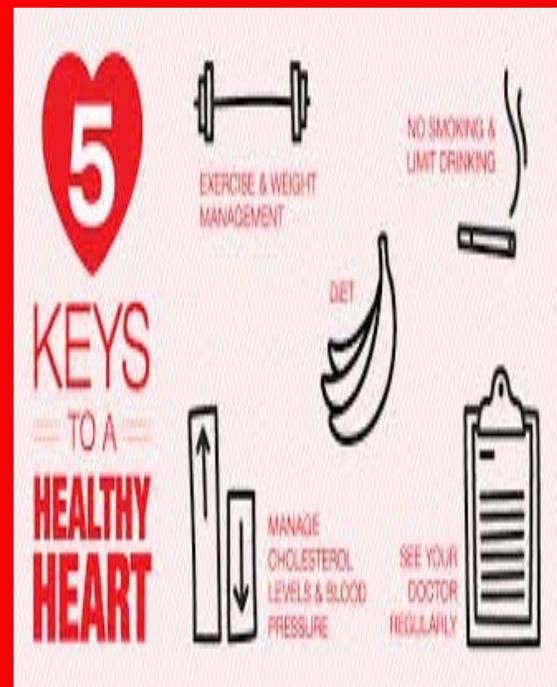
Keep Track of Your Weight

- ☞ Weigh yourself once each morning and log the number.
- ☞ If you gain two pounds or more in one day, call your physician right away. Rapid weight gain may be a sign that you are retaining fluids, and your physician may prescribe a treatment plan.

These tips are intended as general information only. Please consult your physician for specific advice.

Source: BCBS

Week 7
February 15, 2016



Human Resources
1201 E. 8th Street
Mission, Texas 78572