

Health & Wellness Tip of the Week

Week 6
February 5, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas



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Go Red for Women

Grandma used to say: “People who wear red are just looking for attention.” You were right, Grandma, but this time it’s for a worthy cause. Wearing red on National Wear Red Day® on February 2, 2018, calls attention to heart disease and stroke, the leading killers of women.

Knowledge and prevention are your tools

1. Know your numbers. Talk to your doctor today to learn about your blood pressure, cholesterol, blood sugar and body mass index.
2. Plan a well-woman visit. Talking about your health can uncover health issues you never knew you had.
3. Find out your how likely you are to have heart disease. Finding out early is key. The sooner you know your risk; the sooner you can take steps to keep it from coming into your life – or ending it.

Source: American Heart Association Go Red for Women

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