



Regence

Group Administrators

An Independent Licensee of the Blue Cross and Blue Shield Association Serving Select Counties in Washington

Heart Health

Live a Heart Healthy Lifestyle



Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.



Move More, Sit less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.



Know your Health History

Know your risks by reviewing your family health history, if possible, and share the details with your doctor.



Take Medicines As Directed

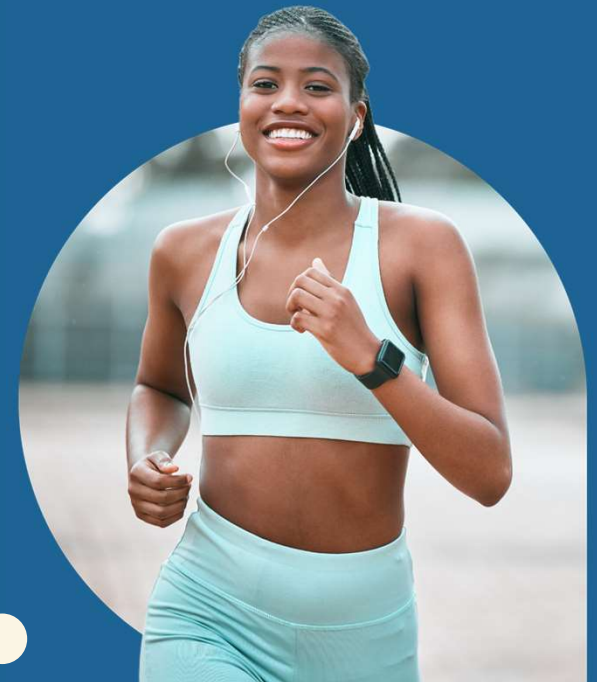
If you take medicine to treat a chronic health condition like high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Ask questions if you don't understand something. Never stop taking your medicine without discussing it with your doctor, nurse, or pharmacist.

These guidelines are provided by the Center for Disease Control and Prevention and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Content sourced from the Centers for Disease Control and Prevention and the National Center for Chronic Disease Prevention and Health Promotion
Discover more at <https://www.cdc.gov/heart-disease/index.html>

Did you know that heart disease is the leading cause of death in the United States?

By choosing heart-healthy habits, you can lower your risk of heart disease and prevent other serious conditions like type 2 diabetes and some types of cancer.



Learn more about your benefits

Visit accessrga.com to log in to your member portal and learn more about your health plan benefits.

If you have any questions, contact us by calling the Customer Care number on the back of your Member ID card, or visit us at accessrga.com.