

# February is American Heart Month



healthy changes  
everything.®

## Do something smart for your heart.

Many of the major risk factors for heart disease can be prevented and controlled. To reduce your risk, remember your ABCS:

- A - Aspirin therapy - talk to your doctor about taking it
- B - Blood pressure control
- C - Cholesterol management
- S - Smoking cessation

For more tips, visit [bsneny.com/healthandwellness](https://bsneny.com/healthandwellness)



**BlueShield**  
of Northeastern New York

