

LOVE. YOUR. HEART.



Heart health is critically important to your overall well-being. According to the American Heart Association (AHA), heart disease is the No. 1 cause of death in Americans. Getting your cholesterol and blood pressure checked regularly by your doctor can provide you with valuable insight into your overall health. We are here to help too. Through online and telephonic health coaching, we can help you reach your goals with diet, exercise, stress management and medication adherence.



Download the **My Health Planner** app and enter access code **ACTNOW** to get started.

