

Heart Disease is the #1 Killer of Women. Know Your Risks.

Newsletter 1
September 2015



7 Platforms — 7 Months

Connecticut - The health of our employees and community are important to us. That is why Anthem has partnered with the American Heart Association's Go Red For Women™ to educate women about their risk for heart disease.

Over the next seven months, we will highlight the seven signs of a woman's heart attack, and the seven ways you can make lifestyle changes to lower your risk. Share these with friends, sisters, daughters or wife or mom.

For more information on women's risk for heart disease or to find out more about ways to lower your risk go to [Go Red For Women](#).

Get Active!

This September we are featuring physical activity as a way to lower your risk for heart disease. Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. Here are some tips you can use at work to get you motivated:

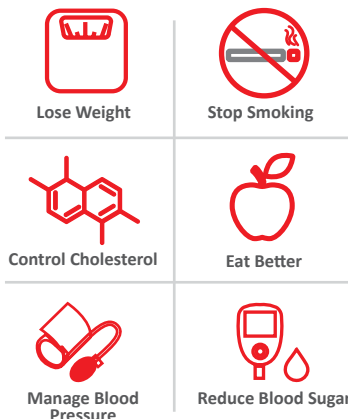
- Brainstorm project ideas with a coworker while taking a walk.
- Create an exercise accountability partnership.
- Walk during business calls when you don't need to reference important documents.
- Stand while talking on the telephone.

- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Participate in or start a recreation league at your company.

The American Heart Association offers more tips to get active at work, home, and with the family. [Find more here.](#)

Life's Simple 7®

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. [Learn how to get active.](#)



Seven Signs of a Woman's Heart Attack

1. Unusual Fatigue
2. Sleep Apnea/Sleep disturbance
3. Indigestion or gas-like pain
4. Nausea or vomiting
5. Discomfort or pain between the shoulders
6. Chest or abdominal discomfort or pain spreading to the shoulders, neck, arm, or jaw
7. Shortness of Breath



If you or someone you know has one or more symptoms – call 911.

