

Plan for Health: February 2022



This month's highlights include Heart Disease Awareness, the importance of Biometric Health Screenings and Sharecare's featured challenge!

American Heart Month

February is American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans. President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

The **first Friday of American Heart Month, Feb. 5**, is also **National Wear Red Day** as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease.

For more information on the event and other activities during the month, visit: goredforwomen.org.

Heart Disease Awareness/ Risk Factors

Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is the leading cause of death for men and women in the U.S.

Prevention includes:

- ✓ Quitting smoking
- ✓ Lowering cholesterol
- ✓ Controlling high blood pressure
- ✓ Maintaining a healthy weight, and exercising

You could be at risk for heart disease if you:

- ✓ Are inactive
- ✓ Had or have diabetes or metabolic syndrome
- ✓ Have a family history of coronary heart disease/high blood pressure/ bad cholesterol
- ✓ Are obese
- ✓ Smoke
- ✓ Have high levels of stress

For additional information about heart disease, please visit: <https://www.webmd.com/heart-disease/default.htm>

Biometric Health Screenings

What is a biometric health screening?

A biometric screening is a clinical set of laboratory tests and measurements that are completed to give individuals a clear picture of their overall health.

Why are biometric health screenings important?

While biometric screenings are not a replacement for routine examinations with a primary care provider, they are a convenient way for you to keep an eye on your health risks. Knowing your numbers like blood pressure, glucose (blood sugars) and Body Mass Index (BMI) is one of the first steps in taking an active role in your health. Depending on your medical history, family history and health goals, your health care provider can help you set goals that are appropriate for you.

What is measured during a preventive biometric health screening?

- ✓ Blood Pressure
- ✓ Cholesterol, LDL, HDL
- ✓ Glucose (Blood Sugar)
- ✓ Body Mass Index (BMI)
- ✓ Waist Circumference

For more information around Biometric screenings go to: <https://www.questdiagnostics.com/business-solutions/employers/population-health/biometric-screening>

Sharecare Featured Challenge

Walk More this Winter

Join the **Walk More this Winter** challenge this month. Complete the challenge by tracking that you found more ways to incorporate steps more daily for 21 days in February to keep active this winter. Join this challenge starting on 1/25 by going to mycare.sharecare.com and clicking Achieve → Challenges → Upcoming and join the challenge.

Plan Ahead: Join us next month for March's health topic: **Sharecare Inspirations/Mental Health Tools.**