

## Be Good to your Heart this Valentine's Day by Determining your Risk Factors for Heart Disease

**Harrisburg, Pa.** - Heart disease is the leading cause of death for men and women in the United States. With one in four deaths caused by heart disease, chances are you or someone you know has been impacted. But heart disease can often be prevented if you make healthy choices and manage health conditions.

This month, American Heart Month, Capital BlueCross reminds you to learn your personal health numbers so you can determine your risk for heart disease or stroke. These include cholesterol, blood sugar and body mass index and blood pressure.

Controlling your blood pressure is crucial to keeping your heart healthy. High blood pressure often has no symptoms or warning signs, but can damage your heart over time. Additional health problems include hardened arteries, decreased blood flow to the heart and an increased risk of stroke. The only way to know for sure if your blood pressure is in a healthy range is to have it measured by a health care professional.

Lifestyle changes can help you control your blood pressure, including not smoking, exercising regularly and healthy eating.

"Choose fresh fruits and vegetables, whole grains, beans, lentils, nuts, seeds, and lean meat and fish," said Hilary McMahon, registered dietitian with Capital BlueCross. "When reading nutrition labels, look for foods with unsaturated fats, since they provide heart healthy benefits when you eat them in the right proportions."

The Capital Blue health and wellness centers, located in the Promenade Shops at Saucon Valley and the Hampden Marketplace in Enola, are great places to start to improve your heart health and overall wellness.

Knowledgeable and helpful Capital Blue care guides can check your personal health numbers, including your BMI and blood pressure. Capital Blue registered dietitians can then work with you to develop nutritional and dietary goals, putting you on track to a healthier lifestyle.

To get your heart pumping, exercise classes are available for all ages and levels of fitness. From yoga and Zumba, to kickboxing and Tabata, find the class that is right for you by visiting [CapitalBlueStore.com](https://capitalbluestore.com).

### About Capital BlueCross

Capital BlueCross, headquartered in Harrisburg, Pa., is the leading health solutions and insurance company in Central Pennsylvania and the Lehigh Valley. A partner in the community's health for nearly 80 years, Capital BlueCross offers health insurance products, services and technology solutions that provide peace of mind to consumers and promote health and wellness for our customers.

More than a health insurer, the company delivers innovative solutions through a family of diversified businesses that is creating a healthier future and lowering health care costs. Among these solutions are patient-focused care models, leading-edge data analytics, and digital health technologies. Additionally, Capital BlueCross is growing a network of Capital Blue stores that provide in-person service and inspiration to help people reach their health goals. Capital BlueCross is an independent licensee of the BlueCross BlueShield Association.

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