TIP OF THE WEEK

Love Your Heart

The AHA’s “Life’s Simple 7” can improve your heart health and reduce risk of disease. Visit Living Well’s website for tools and resources to help take the best care of your heart. Living Well resources are available to all UT SELECT Medical plan members, at no cost to the member.

www.livingwell.utsystem.edu

The American Heart Association’s “Life’s Simple 7”

- Stop Smoking
- Get Active
- Control Your Cholesterol
- Manage Blood Pressure
- Eat Healthy
- Lose Weight
- Reduce Blood Sugar