

5 Simple Tips for a Healthier Heart

People with mental health disorders can have a greater risk of developing heart disease.

Here are some simple ways to protect your heart:

	1	Eat fatty fish	<p>Next time you go to the grocery store, pick up some salmon, anchovy, mackerel, bluefin tuna, or striped bass. These fish have lots of omega-3 fatty acids that can reduce your risk of heart attack or stroke.</p>		
	2	Walk for 20 minutes every day	<p>Walking works out your heart muscles, increases blood circulation, and brings more oxygen to your organs. When you strengthen your heart, you lower your risk of heart disease.</p>		
	3	Avoid (or stop) smoking	<p>If you smoke, or if you live with someone who smokes, you have a higher chance of developing heart disease.</p> <p>Visit QuitlineNC.com or call 1-800-QUIT-NOW (1-800-784-8669) to get help with your quitting goals.</p>		
	4	Practice 5-minute meditation	<p>Stress can cause you to overeat, smoke, and avoid exercise. All these things are risk factors for developing heart disease. Meditation is a great way to deal with stress in a healthy way.</p> <p>Check out this Healthline article (bit.ly/3AzZKpj) to learn more about starting a daily meditation practice with a free app.</p>		
	5	Know the signs of a heart attack for your gender	<p>Did you know that men and women experience heart attacks differently?</p> <table border="0"> <tr> <td data-bbox="760 1444 1019 1633"> <p>Men will typically feel chest pressure during a heart attack.</p> </td> <td data-bbox="1042 1444 1497 1675"> <p>By contrast, women may experience:</p> <ul style="list-style-type: none"> • Nausea • Sweating • Vomiting • Pain in the neck, jaw, throat, abdomen, or back </td> </tr> </table> <p>Learn the signs and you might just save a life.</p>	<p>Men will typically feel chest pressure during a heart attack.</p>	<p>By contrast, women may experience:</p> <ul style="list-style-type: none"> • Nausea • Sweating • Vomiting • Pain in the neck, jaw, throat, abdomen, or back
<p>Men will typically feel chest pressure during a heart attack.</p>	<p>By contrast, women may experience:</p> <ul style="list-style-type: none"> • Nausea • Sweating • Vomiting • Pain in the neck, jaw, throat, abdomen, or back 				

Your heart matters to us

Your doctor can help you make a plan to improve your heart health.

If you're a Vaya member and don't see a doctor regularly, call our

24/7 Access-to-Care line (1-800-849-6127) to get connected to the right provider now.