



live well

# Heart

## Health Awareness



### Heart Smart Basics

Being heart smart means knowing your risks and making healthy choices.

### What is heart Health?

Heart health is the overall well-being of your heart and blood vessels. It means your heart can pump blood effectively to supply oxygen and nutrients throughout your body.

Good heart health includes:

- Healthy blood pressure
- Healthy cholesterol levels
- Normal blood sugar
- Regular physical activity
- A balanced diet
- Managing stress
- Not smoking

When you take care of your heart, you lower your risk of heart disease, heart attack, and stroke. ❤️



Healthy blood pressure is less than 120/80 mm Hg. High blood pressure occurs when blood pressure is consistently 130/80 mm Hg or higher.

### Your primary care provider is key to our heart health.

In addition to providing routine care like annual vaccines and wellness checks, your primary care provider (PCP) can also be your first line of defense against serious illnesses like heart disease by diagnosing conditions that can lead to cardiovascular disease early, such as high blood pressure (hypertension), high cholesterol, diabetes and obesity.

Fortunately, your primary care physician can help you avoid or manage these conditions.

Your PCP can also refer you to a cardiologist when a higher level of personalized care is needed.



### Looking For A Health Provider?

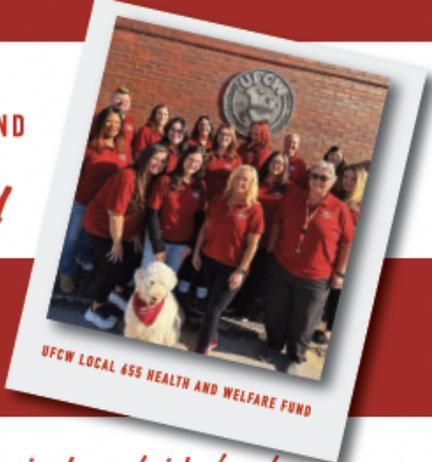
Scan QR Code to access your Health Benefits and find a health provider .

For more information please visit us at [www.655hw.org](http://www.655hw.org)



UFCW LOCAL 655 HEALTH AND WELFARE FUND

*Wear s Red in February*



**SAVE THE DATE!**

National Wear Red Day is Friday, February 6, 2026.

*We wear Red for every woman's story of strength, survival, and sisterhood.*  
Because no woman should face cardiovascular disease alone.

This February, we're doing more than just wearing red for a heart health!

We're kicking off a Move Your Body, Fuel Your Heart, and Rest & Recharge challenge—all while building heart-smart habits that support your overall wellness.

Follow us on social media by scanning the QR code below for a chance to win a UFCW Local 655 Health & Welfare Fund "Wear Red in February" T-shirt.

By following, you'll also receive wellness tips throughout the entire year to help you stay healthy and informed.

Be sure to keep an eye out for Ericka Smith, our Health & Welfare Benefit Educator, who will be visiting stores throughout February with free red T-shirts and wellness swag.



*Let's wear red, move more, and take care of our hearts—together!*



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