

**WE'RE  
SERIOUS  
ABOUT**

# your health

learn what you can do to protect your **heart**

## Be smart about heart disease

Let Independence Blue Cross help you get the information you need to keep your heart healthy. Learn about heart disease risk factors, about the importance of good cholesterol, and tips to prevent heart-related problems.



### Determine your risk for heart disease

Log on to [www.ibxpress.com](http://www.ibxpress.com) and take the Personal Health Profile assessment tool to help determine your risk of heart disease, give you a clear picture of what you are doing right, and suggest ways to stay healthy.

### To keep your blood pressure and cholesterol levels low

- Track your blood pressure and cholesterol levels with Health Trackers on [ibxpress.com](http://ibxpress.com). Chart your progress over time to help you stay motivated to keep your levels low.
- Exercise regularly three or four times a week; however, be sure to talk to your doctor first.
- Eat healthy by starting a low-fat diet.
- Quit smoking to reduce your risk of coronary artery disease by 50 percent in the first year after quitting.
- Talk to your doctor about medications and taking a daily aspirin.

### Call a Health Coach

#### Health Coaches are available 24/7

Health Coaches are specially trained health care professionals, including nurses, dietitians, and respiratory therapists who help members understand their conditions and treatment options.

#### You can ask a Health Coach to answer questions like:

- "Heart disease runs in my family. How can I evaluate my risk?"
- "What is involved in getting my cholesterol checked?"
- "What can I do to lower my cholesterol?"
- "What kind of exercise can I do after a heart attack?"
- "I have diabetes. What heart complications are related to my condition?"

### Take advantage of incentives

- **Get active** – Up to \$150 back per year for your fitness center fees.
- **Stop smoking** – Up to \$200 back when you complete an approved smoking cessation program.
- **Lose weight** – Up to \$200 back for attending an approved weight-management program.

**We're here for you every step of the way.**

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## Fill out a Personal Health Profile

By completing your Personal Health Profile, you can identify opportunities to stay heart-healthy and improve your overall health, including:

- articles and tools related to heart disease;
- a Health Quotient or score based on your responses and overall health;
- Risk Reports that detail your risks and give you a personalized action plan;
- a Physician Summary to see what a physician would be interested in.

Begin your Personal Health Profile by logging on to **www.ibxpress.com** and clicking on the *Personal Health Profile* link under the *My Health* tab.



**Independence  
Blue Cross**

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### Be smart about heart disease

For more information,  
visit [www.ibxpress.com](http://www.ibxpress.com)  
or call 1-800-ASK-BLUE  
(1-800-275-2583)

2009-0479 (2/10)

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