



Get ready for a heart-healthy February

American Heart Month is the perfect time to check your heart health.

February is American Heart Month. And if you're ready to take the next step toward a healthier heart, your Employee Assistance Program (EAP) can help. Most forms of heart disease are preventable. Just a few changes to your lifestyle can help keep your heart healthy. Log on to our website this month to read these feature articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Heart health assessment: Questions to ask your doctor
- Your guide to a healthy heart
- Heart attack: Signs and symptoms
- Heart attack prevention: What you can do

Visit our website or call for free, confidential help from our team of EAP experts.*

855-223-9277

Website: anthemEAP.com

Login: Commonwealth of Virginia

*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the EAP services available to you.

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