

Road to **WELL**fluent™

Embrace better health.

Family History and Heart Disease, Stroke



Is heart disease or stroke in your family? If so, your risk may be higher.

Knowing your family's health history can help you avoid both heart disease and stroke – the No. 1 and No. 5 causes of death in America.

"Both the risk of heart disease and risk factors for heart disease are strongly linked to family history," said William Kraus, M.D., a preventive cardiologist, and research scientist at Duke University "If you have a stroke in your family, you are more likely to have one."

How much family history do you need to know? If you don't know the full history, start with your immediate family. Find out if your brothers, sisters, parents, or grandparents had heart disease or stroke and how old they were when they developed these diseases.

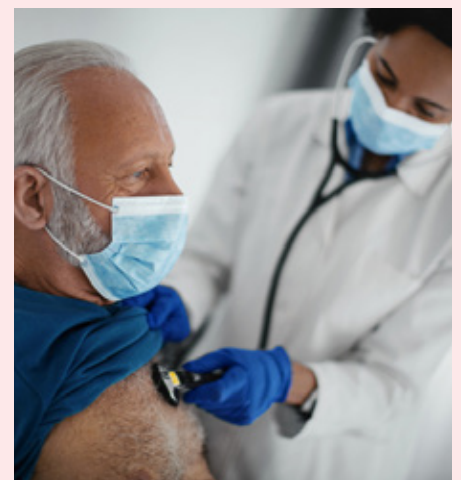
Your family history provides a picture of the environment and genetics in place when these diseases occurred. If you have a history, you must do what you can to change your environment. That means lowering your risk by changing behaviors that can increase your chances of getting heart disease or stroke. "It's good, healthy living – the more that can be ingrained in your family, the more impact it has," Dr. Kraus said. "A patient should encourage better eating habits, physical activity and eliminating smoking."

Know How To Reduce Your Risk

Even if your family has a clean bill of health, you should be aware of other genetic factors that can increase your family's risk. For example, statistics show that African Americans face higher risks for high blood pressure, diabetes, and stroke. Statistics also indicate that about 1 in 3 Hispanics will have high blood pressure, and nearly half will battle high blood cholesterol.

Just because your family has a history of cardiovascular disease, does not mean that you will certainly have the same diseases, it just means that you are more likely to have them. Disease is not imminent, and your health can be managed by making lifestyle changes like those included in Life's Simple 7™. My Life Check was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes; the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have--to live a long, productive healthy life

Source: <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/family-history-and-heart-disease-stroke>



GO RED on February 4, 2022

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today. <https://www.goredforwomen.org/>



Random Acts of Kindness Day 2022



Celebrated February 13 - February 19, 2022, National Random Acts of Kindness week has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. When you see someone almost every day, it can be easy to get caught in the motions of familiar conversation. Make an effort to learn something new about a coworker. Send an encouraging email, a sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox. For ideas and a calendar to help you start visit: <https://www.randomactsofkindness.org>

THANK YOU for getting your flu shot!

The flu vaccine is the first and most important thing you can do to protect yourself against flu, especially this flu season with both COVID-19 and the flu to worry about!

So, if you've already had your flu shot, we applaud you for embracing better health. If you haven't, **it's not too late** and it only takes a few minutes! Ask your doctor or visit an AvMed Participating Pharmacy for your flu shot now.

If you do develop flu or COVID-19 symptoms, contact your doctor as soon as possible for treatment options to reduce the duration and severity of the illness.

Remember to answer "yes" to receiving your flu shot in any survey you may receive. Stay healthy and happy with a little help from your friends at AvMed. For more information, visit: [AvMed.org](https://www.avmed.org), or CMS @ [https://www.medicare.gov/Pubs/pdf/12113- Protect-yourself-from-the-flu.pdf](https://www.medicare.gov/Pubs/pdf/12113-Protect-yourself-from-the-flu.pdf).



AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email to regulatory.correspondence@avmed.org

Gym or Home

Stay Active **From Anywhere** in the New Year

11,000+ STANDARD FITNESS CENTERS
for just \$25 a month
and/or

4,500+ PREMIUM EXERCISE STUDIOS
with 20% - 70% discounts on most

PLUS

5,500+ DIGITAL WORKOUT VIDEOS

ENROLL YOUR SPOUSE**

NO LONG-TERM CONTRACTS

STANDARD FITNESS MEMBERSHIP
\$25/mo*
11,000+ FITNESS CENTERS
5,500+ WORKOUT VIDEOS
Active&Fit[®] DIRECT[™]

\$25 Enrollment Fee Waived January – February
for standard fitness centers only.

Use promo code **NEWYEAR2022** at checkout.

Enroll Now: Log in to your Member Portal at AvMed.org/login and click "Health & Wellness"

11,000+ Standard Fitness Centers, including:



4,500+ Premium Exercise Studios, including:



* Plus an enrollment fee and applicable taxes. Fees may vary based on fitness center selection.

**Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

M966-249H 12/21 © 2021 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee, the Monthly Fee, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.