

Even if our color wasn't **Red** we'd change it for today.

Through Harvard Pilgrim's involvement with the American Heart Association and the Go Red For Women campaign, I've learned a lot about the dangers of heart disease. Getting the word out is a challenge. Many people still don't realize that heart disease is the leading cause of death of women—and men—in America. What's more shocking is that it kills more women than the next six leading causes of death combined. That's why Go Red For Women is so powerful. This initiative is a great motivator and empowers us with the information to take action and protect our hearts. Harvard Pilgrim believes in this mission. That's why we're proud to be the Presenting Sponsor of the Boston Go Red For Women Luncheon again this year.



Charles D. Baker
President and Chief Executive Officer
Harvard Pilgrim Health Care



HARVARD PILGRIM EMPLOYEES **GO RED** WITH SIMPLE EVERYDAY STEPS



"I **GO RED** by making small amounts of exercise a habit. A few months ago, I was out of breath after a few flights of stairs. Now I use the stairs as often as I can and go for short walks whenever—even if it's

just across the parking lot. I've noticed the difference. I feel healthier and stronger. And it's no longer a challenge taking the stairs."

Raiza Serret
Sales
Harvard Pilgrim Health Care



"I choose to **GO RED** with my children.

Throughout the year, we spend a lot of time outside. We play sports in every season and are always on the go. Getting active with them is a great stress reliever. Plus I'm able to exercise while having fun with my family."

Kathy O'Brien
Marketing
Harvard Pilgrim Health Care

OVER ►

Give Your Heart a “High 5”

- 1 Put your heart on the calendar.** Make a visit to your doctor at least once a year, and talk about your heart health.
- 2 Exercise your muscles.** Your heart is the most important muscle of all. Get active, and as you tone and tighten the rest of your body, your heart will benefit, too.
- 3 Start a healthy habit.** Find ways to work heart health into your routine. Try adding omega-3 fatty acids (found in fish and plant oils) to your diet, practicing relaxation techniques, or walking 100 extra steps per day.
- 4 Practice calorie conservation.** Cutting out just 200-300 calories each day can help you lose up to two pounds per week. Try eating less or exercising more—or both!
- 5 Become a quitter.** Go smoke free! Get support from a smoking cessation program at work or in your community. Or, team up with a friend and quit together.

Do you know the warning signs of a heart attack?

Heart attacks aren't always sudden and extreme. They may start slowly with mild symptoms. If you're having a heart attack, it's important to get help quickly, so watch for the following tell-tale signs:

- **Chest discomfort** in the center of the chest that lasts more than a few minutes, or goes away and comes back. It may feel like uncomfortable pressure, squeezing, fullness or pain
- **Shortness of breath**, which may occur with or without chest discomfort
- **Pain or discomfort** in one or both arms, the back, neck, jaw or stomach
- **Other signs** such as breaking out in a cold sweat, nausea or lightheadedness

Women's most common heart attack symptom is chest pain or discomfort, but some women may not experience any chest pain at all. Women are somewhat more likely than men to experience other symptoms, particularly fatigue, shortness of breath, nausea/vomiting, and back or jaw pain. **If you think you or someone you know is having a heart attack, you need to get help fast. Call 9-1-1 immediately so you can get to the hospital without delay.**

SOURCE: *American Heart Association*

WHAT'S IN YOUR Heart Health Toolkit?

Visit the Health & Wellness section of www.harvardpilgrim.org to explore:

- Heart disease risk assessment tools, and learn your target heart rate.
- Health Topics A to Z, an online index of comprehensive and reliable health information—including overviews of medical conditions and treatment options.
- A Web Library of selected links to other health sites. Members can receive personalized help researching topics using the Health Links Finder.

For more information, visit www.goredforwomen.org or call 1-888-MY-HEART



PROUD PRESENTING SPONSOR OF THE BOSTON GO RED FOR WOMEN LUNCHEON:

