

Be heart smart: Know your numbers


Taking care of your heart starts with keeping track of a few important numbers. That way, you and your doctor can talk about actions you may need to take.




Target heart rate

Heart rate is the number of times your heart beats in a minute. When you're resting, your heart rate is lower. That's because your heart pumps less blood through your body. When you exercise, your rate goes up because your body uses more energy.

During moderate exercise, your target heart rate should be 64%–76% of your maximum heart rate. Talk to your doctor to learn the target heart rate that's right for you.






 **220 - your age = maximum heart rate**

 Your **target heart rate** for moderate exercise should be between 64% and 76% of your maximum heart rate.






Blood pressure (BP)

A great way to track your overall health is to check your blood pressure. It tells you how hard blood pushes against your arteries as it moves through your body. And when your blood pressure is high (called hypertension), your heart must work harder.

But there's good news. If you need to get your numbers down, you can:

-  Talk to your doctor about your blood pressure.
-  Move your body regularly.
-  Eat mostly plant foods, which are low in salt, saturated fat, and cholesterol.
-  Reduce or avoid alcohol. Men should aim to have no more than two drinks a day. Women should aim to have one drink a day.
-  Stop smoking. If you need help, ask your primary care provider or your health plan for resources.

Source: [High Blood Pressure](#) | American Heart Association

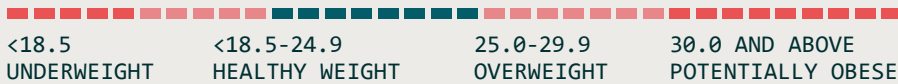
				
NORMAL <120/80	PRE- HYPERTENSION 120-139/80-89	HIGH BP STAGE 1 140-159/90-99	HIGH BP STAGE 2 160-179/100-110	HYPERTENSIVE DANGER >180/110

Sources: [Centers for Disease Control and Prevention](#), [American Heart Association](#)

Body mass index (BMI)

Body mass index tells you if you're at a healthy weight for your height. If your number is in the overweight range, you have an increased risk of high blood pressure, heart disease, and type 2 diabetes.

Source: [Centers for Disease Control and Prevention](#)



To lower your BMI, you must lose weight. Start your weight-loss journey by taking the following steps:

- + Talk to your doctor about the best weight-loss plan for you.
- + Limit the amount of salt (sodium) you eat and drink.
- + Try to choose foods low in calories and rich in nutrients.
- + Become more active to burn more calories.

➤ READY TO IMPROVE YOUR HEART HEALTH NUMBERS?

Talk to your doctor about making a plan. And explore helpful tools and resources available through your health plan.

For more information

text the word **HEART** to **44652**
or email ContactHBC@evernorth.com

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