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February is American Heart Month

Nearly half of all Americans are at risk of heart disease but with help from Kaiser Permanente, you can make a big difference in your heart health with a few simple steps and a healthy mindset. Use these tips and tools to help maintain a heart-healthy lifestyle.

Focus on prevention. A healthy diet, regular sleep, and physical activity can help prevent heart disease and other conditions. Not sure where to start? Read these [valuable tips](#) to help you take control of your heart health.

Get screened. Talk to your doctor about heart health screenings. These can help your care team track your risk for [heart conditions](#) and catch problems early. You can use our [helpful tool](#) to find recommended screenings based on your health history.

Tap into total health. Whether you're working on lifestyle changes, undergoing treatment, or recovering from a procedure, we give you the [support to achieve your best outcome](#). Take advantage of the latest monitoring technology, support groups and classes, mental health resources, and more.

[Wellness coaching is available](#) at no charge to Kaiser Permanente members to manage their weight, quit tobacco, reduce stress, become more active, and make healthier food choices.

Additional tips for preventing heart disease:

- Maintain a healthy blood pressure, blood sugar, cholesterol and triglyceride levels
- Limit alcohol intake (one drink or less each day)
- Manage stress with helpful practices such as meditation, yoga, massage or breathing exercises
- Seek help for concerns with depression or mental health

Here's to American Heart Health month,

Edward Kao, MD

Physician-in-Chief

Kaiser Permanente South San Francisco Medical Center