

This February, focus on your heart. | [view in Web Browser](#)



Hello <<First Name, Participant>>,

February is American Heart Month. Your heart may beat happily for someone special this month, but make sure it beats well for you first. Talk to your doctor about the risk factors and lifestyle changes you might need to make for a healthy heart. **Well onTarget® self-management programs** can help you care for your heart in courses like:

- Living with Coronary Artery Disease (CAD)
- Living With Congestive Heart Failure (CHF)
- Preventive Health: Reducing Your Risks

Heart disease is the number one cause of death for women, but an estimated 80 percent of cardiac events can be prevented with a healthy lifestyle. Learn the facts on **Go Red For Women** by the American Heart Association.

Have questions?

If you have questions about Well onTarget, call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday, 7 a.m. to 7 p.m. and Saturday, 7 a.m. to 3 p.m. CT.

www.healthselectoftexas.com

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex or disability. See our **full-nondiscrimination notice and contacts**.

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1001 E. Lookout Drive, Richardson, TX 75082

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