BE HEART SMART

GET FIT
Taking 7,500 steps a day can help reduce your risk of heart disease by 19% and diabetes by 30%.

EAT WELL
A healthy diet can reduce your risk of heart disease by up to 30%.

KNOW YOUR RISKS
Anyone with high blood pressure, high cholesterol, or diabetes has a higher risk of heart disease, but **women may also have unique risk factors:**
- History of preeclampsia or diabetes while pregnant
- Some mental health conditions
- Higher risks from smoking

Your VA health care provider can work with you to assess your individual heart disease risks, learn your heart health numbers, and create a health plan with realistic and achievable goals for a whole-health approach.

1-855-829-6636 | www.womenshealth.va.gov | #WomenVets