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FEBRUARY IS AMERICAN HEART MONTH

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: This feeling often comes along with chest discomfort, but it can occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

**If you or someone you're with has one or more of these signs, call 9-1-1
Get to the hospital right away**

Stroke Warning Signs

Stroke is a medical emergency. Every second counts, because time lost is brain lost! Know these stroke warning signs and teach them to others.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

It is very important to take immediate action and call 9-1-1 when the first symptoms appear. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Should you have a chronic condition such as cardiovascular disease, call Health Dialog® (available 24 hours a day) at 1-877-789-2583 to speak with a Health Coach.

Coronary Heart Disease Risk Factors

Heart disease is the leading cause of death in developed nations despite known ways to prevent and treat heart problems. One common type of heart disease is called coronary heart disease, sometimes referred to as coronary artery disease. The arteries of the heart (coronary arteries) supply blood flow to the heart muscle. Plaque (buildup of fatty material) damages the coronary arteries, and blood platelets (cells in the blood that help clotting) can stick to these damaged areas, causing blockage of blood flow. This can lead to ischemia (lack of oxygen to the heart muscle cells) or myocardial infarction (heart attack).

Risk Factors: Age (older than 40 years for men, 45 years for women) ~ male gender ~ family history of coronary heart disease ~ smoking ~ hypertension (high blood pressure) ~ diabetes ~ obesity ~ unhealthy cholesterol levels (high total cholesterol, low HDL cholesterol, high LDL cholesterol, high triglycerides) ~ low physical activity ~ accumulation of abdominal fat

Prevention: Stop smoking ~ exercise at least 30 minutes most days of the week ~ treat high blood pressure ~ control blood sugar if you have diabetes ~ lose excess weight and maintain a healthy weight through a balanced diet and exercise ~ eat lots of high fiber fruits, vegetables, and whole grains ~ limit intake of animal fats, trans fats, sugars, and starches ~ lower your cholesterol through diet, exercise, and medications if prescribed by your doctor

MAKE CHANGES FOR A HEART-HEALTHY LIFESTYLE

**Small changes each day can add up to a much healthier life and decreased risk of developing coronary heart disease.
Even losing 10% of excess body weight can dramatically lower heart disease risk.**

Important Information to Improve Your Health

ACCESSING YOUR ICUBA BENEFITS ONLINE

To access your ICUBA MasterCard® account online, login to the ICUBA Benefits Portal at <http://icubabenefits.org>



For a first time user:

1. Click on the register button
2. Enter the required information. Your Company Key is always ICUBA (all CAPS)

For a returning User:

1. Enter your User Name and Password

If you have forgotten your Username and/or Password:

1. Click on the “forgot your password” link
2. Enter the required information. Your Company Key is always ICUBA (all CAPS)

Once you have successfully logged in, you will be at the ICUBA Benefits Portal Welcome Screen. You will need to locate the “To access your ICUBA Benefits Card account on-line please click [HERE](#)” link and you will be logged directly into your ICUBA MasterCard® account.

Look for the NEW PPO 70 Blue Options Plan

Effective with the new benefit plan year beginning April 1, 2010, the PPO 70 Blue Options Plan is available. With Blue Options from Blue Cross and Blue Shield of Florida, you'll still have great benefits, plus the help of people and online tools to answer your questions, help you stay healthy and save money on your health care costs.

Many of the doctors and hospitals that are in the Blue Choice PPO network are also in the Blue Options network, but the network has a different name. It's called Network Blue. So when you're using the online directory at www.bcbsfl.com to see if your doctor accepts the Blue Options insurance plan, be sure to select *Blue Options – Network Blue* from the Plan list. If you have any questions about a doctor in the network, you can also call customer service at 1-800-664-5295, Monday through Friday, 8 AM – 6 PM EST.