



Are you among the **1 in 3** adults with high blood pressure?



Did you know smokers are **2 to 4** times more likely than non-smokers to develop heart disease?

# A HEALTHY HEART = A HEALTHY YOU

## NOW THAT YOU'RE COVERED, PUT YOUR HEALTH FIRST

**HEART DISEASE HITS SOME COMMUNITIES HARDER**  
The bigger your dot, the higher your risk of heart disease



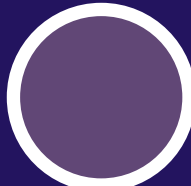
Asian



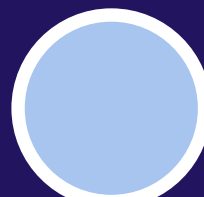
Hispanic



African American



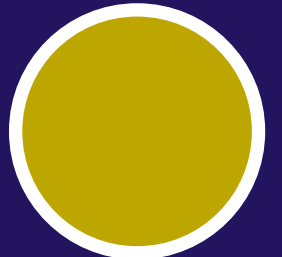
White



American Indian and Alaska Native



Native Hawaiian and Pacific Islander



More than 1 race



Learn more about your health care coverage. Visit <http://marketplace.cms.gov/c2c>



Pick a provider. Work together to improve your health. Use Step 4 in the *From Coverage to Care Roadmap* at <http://marketplace.cms.gov/c2c>



Check your blood pressure. High blood pressure puts you at risk of heart disease. Find out about preventive services and screenings at <http://healthfinder.gov/myhealthfinder>



Stop smoking. Quitting smoking at any age improves your health. Use your coverage to get help. Visit <http://smokefree.gov>



Eat right and exercise. Learn how to eat healthy at <http://recipes.millionhearts.hhs.gov>



Follow your provider's instructions to manage your health. Use Step 8 in the *From Coverage to Care Roadmap* at <http://marketplace.cms.gov/c2c>

TO LEARN MORE ABOUT HOW TO PROTECT YOUR HEART HEALTH  
<http://millionhearts.hhs.gov>

CREATED BY THE CMS OFFICE OF MINORITY HEALTH  
<http://go.cms.gov/cms-omh>

