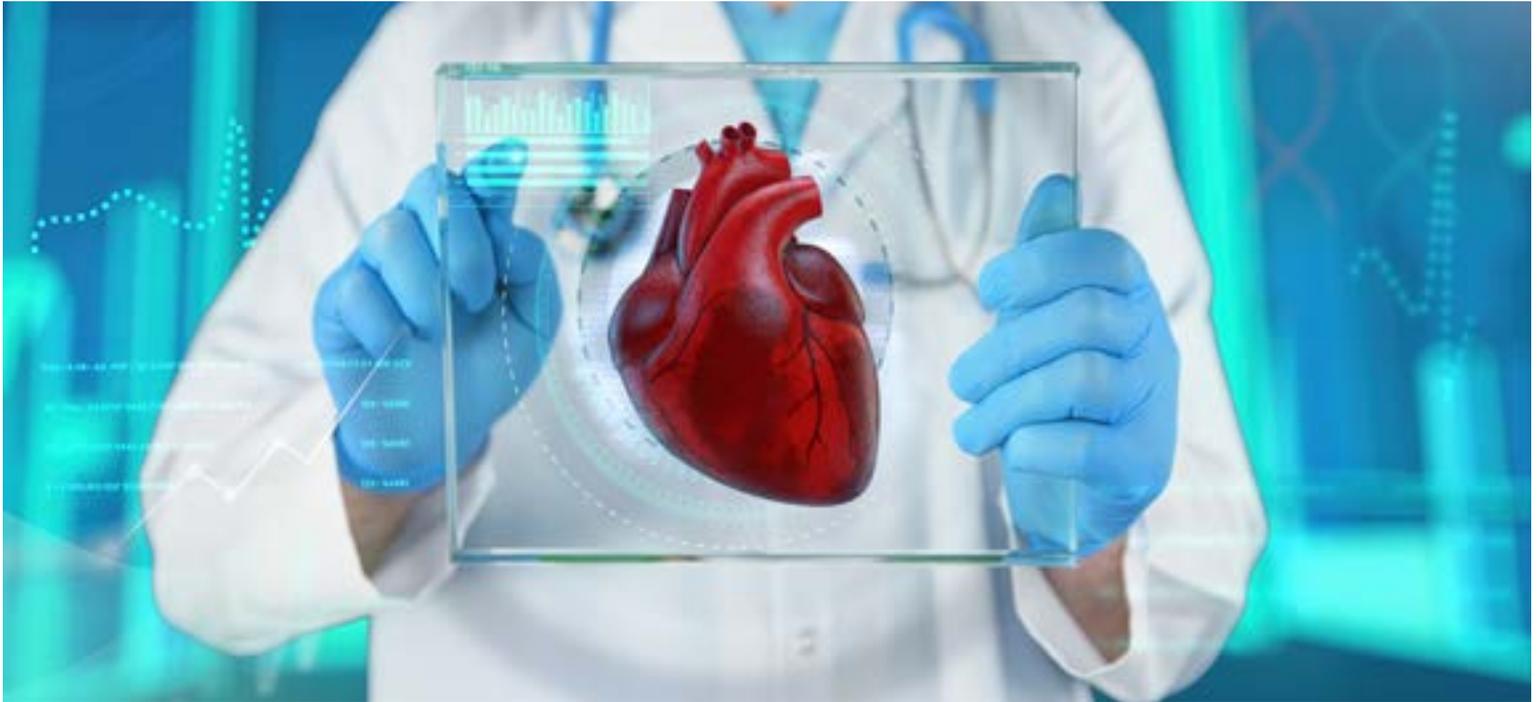


# HEALTH AWARENESS

February 2022

## HEART HEALTH



**O**ne out of every four deaths in America is from heart disease. On average, someone dies from cardiovascular disease every 37 seconds, which is why February is devoted to heart disease awareness and prevention.

### WHAT IS HEART DISEASE?

Heart disease covers a range of problems that impact the heart and blood vessels. The heart pumps oxygen-rich blood throughout the body; however, plaque, a substance composed of fat, cholesterol, calcium, and other substances found in blood, can build up in the heart's arteries, slowing or even blocking the flow of blood in a process called atherosclerosis.

Heart attacks, strokes, and heart failure are conditions caused by heart disease. Heart attacks are caused when a blood clot blocks blood flow to the heart. The heart muscle can be permanently damaged if the clot completely blocks blood flow.

Most people survive their first heart attack and, with medications and lifestyle changes, can often return to their everyday lives depending on the degree of damage to their heart.

The most common type of stroke, an ischemic stroke, is caused when a blood vessel that supplies oxygen to the brain is blocked, usually by a blood clot. A hemorrhagic stroke, when a blood vessel in the brain bursts, is generally caused by high blood pressure.

Heart failure does not mean that the heart stops working completely; it is a condition where the heart cannot pump enough blood to meet the body's needs. Heart failure is usually caused by another condition such as high blood pressure that damages the heart muscle.

### RISK FACTORS

Some of the risk factors for heart diseases like poor diet and lack of exercise are preventable. Others such

*(Article is continued on reverse side.)*

## BENEFITS CORNER



### ADDING NEWLY ELIGIBLE DEPENDENTS

CHP coverage may be added for a covered employee's spouse or a dependent child under 26 if a qualifying event occurs. Qualifying Events may include marriage, birth, placement for adoption, issuance of a court order, loss of Medicaid, Colorado Health Insurance Program coverage, or eligibility for state premium assistance.

To add a newly eligible person to the plan, submit an Enrollment Application/Change Form for the addition of the dependent **within 31 days of the date of the Qualifying Event** (60 days for a Qualifying event defined as a loss of Medicaid, CHIP coverage, or eligibility for state premium assistance). Proof of the Qualifying Event (e.g., a copy of the marriage certificate, birth certificate, or court order) must be attached to the completed Enrollment Application/Change Form. If a birth certificate or other required information are not available within the 31-day window, go ahead and submit the form. Then submit the required documents when you receive them.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

as age and genetics are not. Maintaining a healthy lifestyle is the best defense against most types of heart disease. Physicians recommend taking the following steps:

- Don't smoke or use tobacco
- Exercise for 30 minutes most days of the week
- Eat a healthy diet
- Maintain a healthy weight
- Get plenty of quality sleep
- Manage stress levels
- Get regular health screenings

### TREATMENT AND CARE

There are more treatment options available for heart disease than ever before. Tight control over medications and lifestyle, coupled with careful monitoring, are the first steps. As the condition progresses, doctors specializing in the treatment of heart disease can offer more advanced treatment options such as medication or surgical options.

The goals of treating heart disease are primarily to decrease the likelihood of disease progression (thereby decreasing the risk of death and the need for hospitalization), lessen symptoms, and improve quality of life. 🏠

Source: <https://www.webmd.com/a-to-z-guides/prevention-15/heart-healthy/12-tips-for-better-heart-health>

