

TIP OF THE WEEK



Love Your Heart

The AHA's "Life's Simple 7" can improve your heart health and reduce risk of disease. Visit Living Well's website for tools and resources to help take the best care of your heart. Living Well resources are available to all UT SELECT Medical plan members, at no cost to the member.

www.livingwell.utsystem.edu

The American Heart Association's "Life's Simple 7"



Stop
Smoking



Get
Active



Control
Your
Cholesterol



Manage
Blood
Pressure



Eat
Healthy



Lose
Weight



Reduce
Blood
Sugar