

# 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](http://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