



# Protect your best investment



**BlueCross BlueShield  
of Illinois**

[www.bcbsil.com](http://www.bcbsil.com)

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Each day your heart — one of your most important assets — beats about 100,000 times and pumps about 2,000 gallons of life-giving blood throughout your body. Unfortunately, coronary heart disease is America's leading killer.

### **Here's what you can do to reduce your risk factors:**

- Don't smoke or use other tobacco products
- Eat a varied diet rich in fruits, vegetables and low-fat foods
- Maintain a healthy weight
- Get at least 30 minutes of exercise, most days of the week
- Keep cholesterol levels in normal ranges
- Control your blood pressure

Isn't now a good time to take stock in your best asset? Learn more by logging on to Blue Access® for Members.

[www.bcbsil.com](http://www.bcbsil.com)