

# February 2025

## Exercise Your Way to a Healthier Heart

Every year, the United States recognizes February as American Heart Month. The CDC reports that heart disease is the leading cause of death for both women and men in the United States, causing more than 700,000 deaths annually. Heart disease is also extremely expensive, costing the United States about \$250 billion annually in health care, medications and lost productivity. Fortunately, heart disease can often be prevented by living a healthy lifestyle and managing health conditions properly.

In addition to eating healthy and avoiding cigarettes, exercising is essential to cardiovascular health. To make exercise an effective tool for cardiovascular health, the American Heart Association suggests you get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week. An easy way to keep track of your exercise is to aim for 30 minutes a day, five times a week.



## Don't Delay Preventive Care

The once-a-year checkup has been considered a standard of health care, but many people got into the practice of putting off routine appointments during the COVID-19 pandemic. Preventive care, often used interchangeably with “routine care,” is essential in the early detection of serious diseases and overall long-term health outcomes.

Preventive care includes a variety of health care services that help you maintain good health. Regular medical care focuses on treating illness, while preventive care aims to keep you from getting sick in the first place. Examples of preventive care include physical and mental health screenings, laboratory tests, cancer screenings, annual checkups, counseling and immunizations. Telehealth may even be an option to consider when receiving preventive care.

Most health care plans cover an annual physical examination and preventive care, but check your plan's explanation of benefits to avoid any surprise costs. Don't wait until it's too late—contact your doctor today to discuss your preventive care options.