

YOUR
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2018

healthy & happy



Lose and win

Excess Weight Can Break Your Heart

Do you know what your body mass index is? This number estimates your body fat calculated from your height and weight. A BMI of 30 or higher means you're obese.

Being obese makes it harder for your body to circulate blood effectively. It also raises triglycerides, blood pressure, and blood sugar levels. Plus, it lowers HDL, or "good," cholesterol. These factors increase the likelihood that you'll develop heart disease and diabetes.

Fortunately, losing just 3 to 5 percent of your current weight makes a difference. It can lower triglycerides and glucose levels; improve blood pressure; lower LDL, or "bad," cholesterol; and increase HDL.

If you weigh 250 pounds, 3 to 5 percent is about 8 to 13 pounds. Eat wisely and exercise regularly, and you can do it.



February

1-800-CLIENT
www.YourOrganization.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					Groundhog Day	
4	5	6	7	8	9	10
11	12	13	Ash Wednesday Valentine's Day	15	Chinese New Year	17
18	Presidents' Day	20	21	22	23	24
25	26	27	28			MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



TAKE CONTROL: PREVENT A STROKE

People who have had a stroke likely had high blood pressure. Controlling your blood pressure is vital to preventing a stroke. Find ways to keep hypertension at bay at www.heart.org.



Listen up

Time to Check Your Child's Vision and Hearing?

Back to school is a busy time. While you may have already scheduled a well-child visit, there are some other provider visits you may need to schedule for your child.

During the yearly physical, your pediatrician should check your child's vision. If a routine eye exam shows that there's an issue, see a pediatric ophthalmologist for a more in-depth screening.

If you're concerned about your child's hearing, discuss it with the doctor. Some signs your child could have a hearing problem include:

- Delayed speech
- Speech that isn't clear
- Trouble following directions
- Loud TV-watching

Your doctor and school may recommend a hearing test yearly.

August

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SUNDAY

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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YOUR BEST SHOT

Are your children current on their vaccines? Visit www.cdc.gov/vaccines/schedules to see which shots your children need. If your child misses a shot, you don't have to start over. Just visit your doctor for the next one.