Heart disease is one of the most common health concerns for men and women in America. Find out more about heart health. Visit **healthpartners.com/heart**.

**It’s time for a heart-to-heart**

Make simple lifestyle changes to keep your heart healthy.

Here’s some good news. You have the power to help prevent heart disease, including heart attacks.

Reduce your risk. Try these simple lifestyle changes:

* Increase your physical activity.
* Maintain a healthy weight.
* Eat a diet high in fruits, veggies and whole grains.
* Avoid saturated fat, cholesterol and smoking.