Join Us for Horizon BCBSNJ’s Webinar on Heart Health

Heart disease remains the leading cause of death for both men and women in the United States today. While not all forms of heart disease are preventable, there are ways to reduce your risk for the most common form, coronary artery disease (CAD). CAD is often the cause of serious medical problems such as heart attacks and heart failure.

February is American Heart Month, which is a good time to assess your CAD risk factors. We’ll discuss how you can reduce your risk with diet, exercise and other lifestyle choices at our February Wellness Webinar, “At the Heart of Health.” We’ll also share important information about how to identify the symptoms of a heart attack and what to do if you think you or a loved one is having one. This is an important session that could help save a life someday.

At the Heart of Health | February 10, 2016 | 12 to 1 p.m., ET

Register now for this webinar, hosted by Carol Zicker, RN, CDE, Horizon BCBSNJ health educator.

You are eligible to attend this webinar if your Horizon BCBSNJ health insurance policy is sponsored through your employer. Please use your work email address to register. Once we receive your registration, we will send you a confirmation email with instructions on how to join the webinar.

Please note you will need access to a computer and telephone to fully participate in the session. Once you register for this session, you will receive invites for future Wellness Webinars.

Our Wellness Webinars are for general informational purposes only. They do not substitute for the care of your doctor. Always speak with your doctor regarding questions about your health and before starting any new diet or exercise program.

If you are not able to access the registration link above, please copy and paste this address into your browser:
https://horizon.webex.com/horizon/k2/j.php?MTID=tbddb2940715e7883610a9db0ca0ec4c

Learn more at HorizonBlue.com/horizonwellness