



Heart disease is the number one killer of men and women according to the American Heart Association.



## Keys to heart disease prevention include:

- Quitting smoking
- Lowering cholesterol
- Controlling high blood pressure



Maintaining a healthy weight and exercising are also important to help prevent heart disease.



Looking for additional help with your coronary artery disease?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).