



Discover our Cancer and Heart Attack or Stroke plans

Have you talked to your clients lately about how they'd pay their bills if diagnosed with a heart attack or stroke?

Our **Protection SeriesSM Cancer and Heart Attack or Stroke insurance plans** can help them manage those expenses and preserve their savings.

VIDEO: Cancer and Heart Attack or Stroke Plus plans

An opportunity to focus on heart health

February is known as American Heart Month, a time when our nation spotlights heart disease, the greatest threat to Americans and the number one cause of death worldwide.¹ President Lyndon B. Johnson established February as American Heart Month under Presidential Proclamation 3566, ten days after Congress issued a joint resolution requesting the President to issue an annual proclamation.² This action, now commemorated in the 58th consecutive February, was a pivotal point in the nation's approach to addressing cardiovascular disease.

Nearly 18.6 million people died of cardiovascular disease in 2019, the latest year for which worldwide statistics are calculated. That's a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010, according to the American Heart Association.

In most cases, heart disease can be prevented by adopting a lifestyle which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 2 ½ hours of moderate physical activity a week, and going for regular doctor checkups.

"When we take care of our hearts as part of our self-care, we set an example of those around us to do the same."

- National Heart, Lung, and Blood Institute³

There's a lot we can do to live a heart-healthy life...and connecting with others can make our efforts even more successful. Small steps can go a long way. February gives us an ideal platform to be ambassadors for healthy hearts and lifestyles...for ourselves and others.

Sources:

¹American Heart Association, Heart Attack and Stroke Symptoms, heart.org/en/around-the-aha/February-is-american-heart-month

²American College of Cardiology, acc.org, The Evolution of American Heart Month

³National Heart, Lung, and Blood Institute, nhlbi.gov/health-topics/allpublications-and-resources/taking-care-hearts-together

upcoming webinars

Want to attend a live webinar where you can chat with our sales experts?
Here's our upcoming schedule:

Webinar topic

Date and time

Aetna Quote & Enroll

Tuesday, February 22 at 10 AM CT

Dental, Vision and Hearing Plus

Tuesday, February 22 at 2 PM CT

[View all upcoming live webinars](#)

Use the links below for quick access to our tools:

[View our plans](#) | [Aetna Quote & Enroll](#) | [Track your app](#)

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