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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Heart health—lowering your risk of coronary artery diseaseCoronary artery disease is a common, manageable condition. Left untreated, it can lead to a heart attack. Contact your doctor if you have:* Pain that starts in the chest and goes down the arm or up into the neck, jaw, or ears
* Shortness of breath, fatigue, and vague chest or arm discomfort when you exert yourself
* Nausea, vomiting, light-headedness or fainting, or breaking into a cold sweat

These symptoms may indicate a blockage issue. Effective treatments that can lower the risk of cardiac events include:* Eating better
* Exercising more
* Taking medications

**Personalized help**Premera has Personal Health Support coaches who can help you get on track. For more information, call 888-742-1479, 7 a.m. to 7 p.m. Monday through Friday or 9 a.m. to 1 p.m. Saturday Pacific Time. **Online resources**Sign in at [premera.com](https://www.premera.com/sign-in) for additional health information, support, and educational resources. **TIP**Getting enough sleep is important for heart health. Poor sleep is linked to high blood pressure, a risk factor for heart disease. Aim for 7 to 8 hours of sleep each night. |
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