



GETTING TO THE HEART OF THE MATTER

Treat yourself to a heart-healthy Valentine's Day

If celebrating Valentine's Day means sweets for your sweetheart, this may be the year to think less about sharing that heart-shaped box – and more about sharing a heart-healthy activity.

From romantic walks and dinners to opportunities to give from the heart, the [American Heart Association offers several tips](#)¹ to take care of your health and the ones you love.

February is American Heart Month. Cardiovascular disease – heart disease, stroke and high blood pressure – is the number one killer of women and men in the United States. It's also a leading cause of disability, preventing Americans from working and enjoying family activities.² But there are ways to help prevent and reduce your risk for this disease.³ Find more heart-healthy tips and learn how to build a healthier life by visiting the [American Heart Association website](#).

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1. Selecting these links will take you to a third party website. Cigna does not endorse the linked sites' content and is not responsible for such content.

2. February is American Heart Month, Centers for Disease Control and Prevention, https://www.cdc.gov/heartdisease/american_heart_month.htm

3. Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Blaha MJ, et al. Heart disease and stroke statistics – 2014 update: a report from the American Heart Association. *Circulation*. 2013, Web. Accessed Nov. 18, 2014.

Together, all the way.®

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