

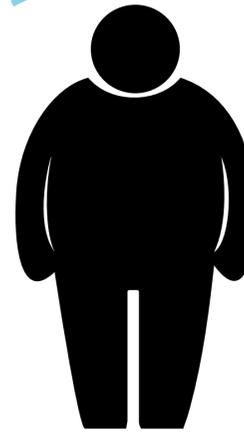
# Heart Disease Risk Factor Screening

Heart disease is the  
**#1 most  
common cause  
of death**

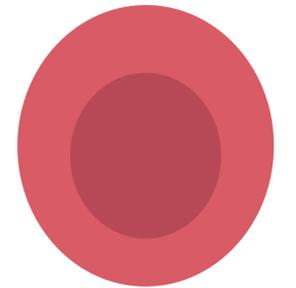
for women in the U.S.



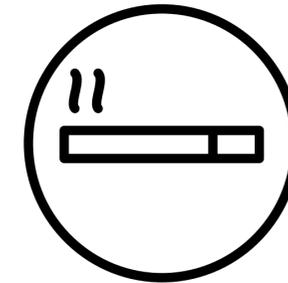
## Risk factors include:



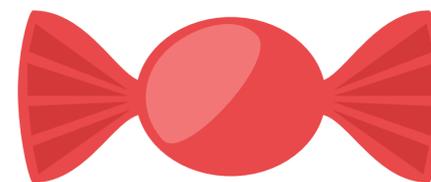
Obesity



High  
cholesterol



Smoking



High blood  
sugar



High blood  
pressure

You First pays for Heart  
Disease Risk Factor  
Screening for members over  
40 years old.

These risk factors are  
measured with numbers. If your  
numbers are too high there are  
many things you can do to  
lower them. You First has free  
programs to help you make  
positive health changes.

