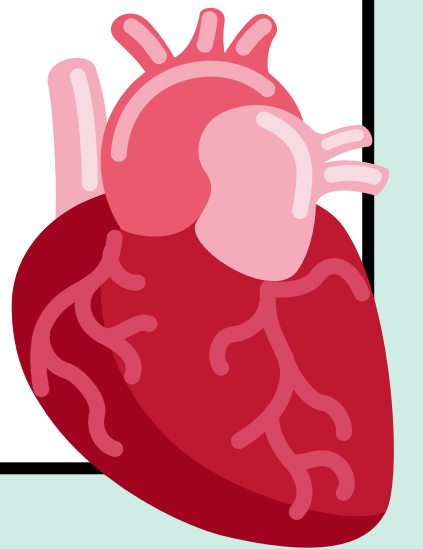


Protect Your Heart, Smile, and Future



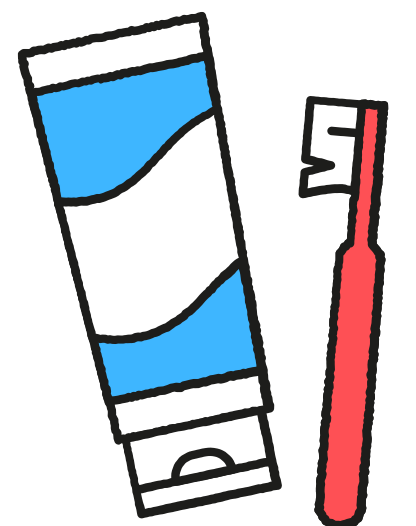
Heart Health Matters!

- Cardiovascular Disease is the leading cause of death among men and women, but it can be easily preventable
 - Eat Smart
 - Be Active
 - Avoid Smoking
- Explore resources on prevention at <https://www.heart.org/>



Keep Your Smile Strong!

- Oral health is linked to cardiovascular disease, diabetes, etc.
- Brush twice a day with fluoride toothpaste
- Floss every night
- Avoid sugary snacks and drinks
- Learn more about the connection between your mouth and health at:
 - American Dental Association: <https://www.mouthhealthy.org/>
 - <https://www.cdc.gov/oral-health/index.html>



Ready to Quit Smoking?



- The #1 preventable cause of death is smoking.
- Smoking damages your heart, mouth, lungs, and more—but it's never too late to quit
- Call 1-800-QUIT-NOW or visit <https://smokefree.gov/> to start your plan today

