

## Did you know that your family history can affect your heart health?



If someone in your family has had a stroke, heart attack or heart disease, you share genes, behaviors and environments that can influence your own chance of developing these conditions.

With heart disease the leading cause of death for adults in the United States, and stroke No. 5, it's a good idea to know your family's medical history and discuss it with your healthcare provider.

You can't alter your genes, but you can make positive lifestyle changes to help prevent heart disease and stroke. Check out the following resources to learn what you can do to lower your risk of heart disease and stroke.

- › CDC's Heart Disease and Stroke Prevention
- › How to help prevent heart disease at any age

### Questions?

We're here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.

Sincerely,

Your Moda Health  
Customer Service team

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Health plans provided by Moda Health Plan, Inc. 64988945 (3/20)