



WEAR **RED**

for Heart Disease Awareness

FACT:

Heart disease is the **NUMBER ONE KILLER** of women.

Take care of yourself.

Visit your FOH Health Unit to take your Cardiac Risk Profile (CRP) and Health Risk Appraisal (HRA) today.

Learn more:

www.FOH.hhs.gov/HEART



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

heart to heart

WHAT'S YOUR FOH CRP/HRA SUCCESS STORY?

“ I was very pleased with the results of my Cardiac Risk Profile (CRP) screening today. Last year, I had the same screening and I found out that my triglycerides were nearly 600. **My triglycerides are now down to 242!** I realize I still have work to do to get my numbers down to optimum range (under 150), but because of my screenings and the help from the FOH staff, I was able to make some lifestyle changes to help save/prolong my life. **Thank you for your support!** ”

– Civilian Employee,
Air Force Material Command

Visit your FOH Health Unit to take your CRP and HRA* today.

Then go online and share your FOH CRP/HRA success story:

www.FOH.hhs.gov/HEART



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

*Health Risk Appraisal

