



# 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](http://www.FOH.hhs.gov/HEART)



**Fedstrive**  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

**Visit your FOH Health Unit today.**

# 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 Materiel 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](http://www.FOH.hhs.gov/HEART)



**Fedstrive**  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

\*Health Risk Appraisal



Visit your FOH Health Unit today.