



@sharecare

## Navigate your heart:

Learn about basic heart functions and how our lifestyle may affect our heart

# Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

As part of the State of Ohio's *Take Charge! Live Well!* program, the State contracts with Sharecare to manage wellness resources, activities, and *Take Charge! Live Well!* program rewards for State employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the State. In addition, Sharecare does not sell your data.

# Agenda

- Features of the heart
- How the heart works
- Defining:
  - High blood pressure
  - Heart attack
  - Stroke
- Taking care of your heart
- Resources



# Features of the Heart

- Your heart is about the size of your fist
- The heart is in the center of your chest, near your lungs
- It has four hollow heart chambers
- Veins bring blood to your heart, while arteries take blood away from your heart



# How the Heart Works

- Pumps blood through your body
- Blood carries oxygen and nutrients to organs
- Blood carries carbon dioxide to your lungs
- Your heart's electrical system controls the rate and rhythm of your heartbeat





**Blood Pressure,  
Heart Attack, &  
Stroke**

# Cardiovascular Quiz: Blood Pressure

What are symptoms of high blood pressure (HBP)?

- A. Sweating
- B. Nervousness
- C. Facial Flushes
- D. Nosebleeds

E. HBP has no symptoms

# High Blood Pressure

Blood pressure is recorded as two numbers

120/80 mm Hg

Systolic (heart is constricting)

Diastolic (heart is at rest)

- BP measures the force of blood pushing out on the arterial walls
- High BP is also known as hypertension
- High BP increases risk for heart attack and stroke

**Optimal: <120/80 mm Hg**

**Elevated: 120-129/<80 mm Hg**

**High: ≥ 130/80 mm Hg**

# Cardiovascular Quiz: Heart Attack

Which of the following are warning signs of heart attack?

A. Chest discomfort – pressure, squeezing, fullness or pain

B. Joint pain in lower body

C. Discomfort in arms, jaw, back, neck, stomach

D. Breaking out in a sweat

E. Racing pulse

# Cardiovascular Quiz: Stroke

Which of the following is NOT a stroke symptom?

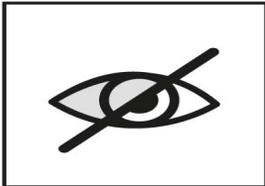
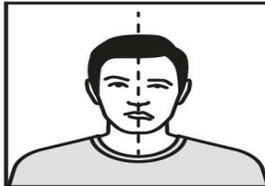
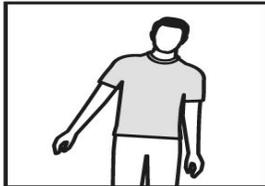
- A. Blurry vision in one or both eyes
- B. Trouble speaking or understanding
- C. Feeling extremely thirsty
- D. Sudden, severe headache
- E. Paralysis in the face, arm or leg

# Heart Attack vs. Stroke

A **heart attack** occurs when blood flow that brings oxygen blood to the heart is blocked or drastically reduced.

A **stroke** occurs when a blood vessel that carries oxygen to the brain is blocked or ruptures.

Learn the warning signs and act fast

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
					
<b>BALANCE</b> LOSS OF BALANCE, HEADACHE OR DIZZINESS	<b>EYES</b> BLURRED VISION	<b>FACE</b> ONE SIDE OF THE FACE IS DROOPING	<b>ARMS</b> ARM OR LEG WEAKNESS	<b>SPEECH</b> SPEECH DIFFICULTY	<b>TIME</b> TIME TO CALL FOR AMBULANCE IMMEDIATELY

Sources: American Heart Association, National Heart, Lung, and Blood Institute, American Stroke Association  
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# **Risk Factors for Cardiovascular Disease**

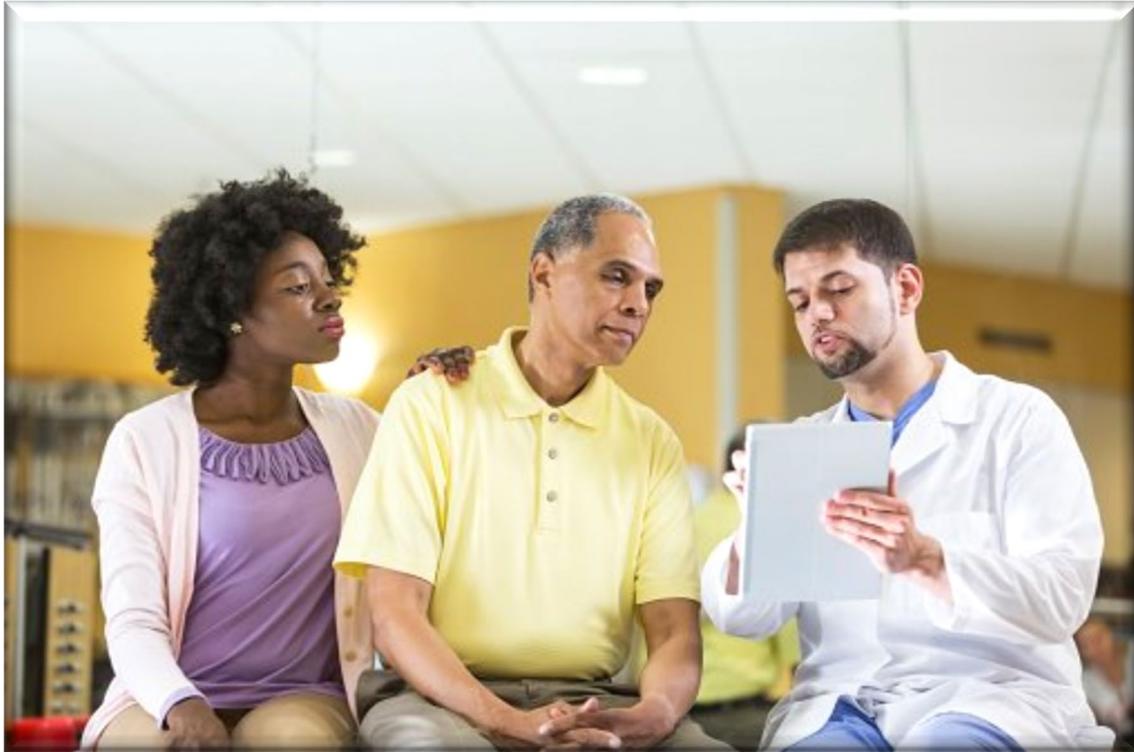


# Cardiovascular Disease Risk Factors

## Risk factors that you cannot change:

- Gender (male)
- Older age (over age 65)
- Family history of cardiovascular disease
- Being a post-menopausal woman
- Race
  - High Blood Pressure: African Americans
  - Heart Disease: Mexican Americans, Native Hawaiians, Native Americans, and some Asian Americans

# Preventable Risk Factors



- Smoking
- High Blood Pressure
- High Blood Cholesterol
- Physical Inactivity
- Diabetes
- Poor Diet
- Excess Body Weight

A person is shown from the side, sitting on a rock by a body of water. They are wearing a light-colored, textured sweater and dark pants. Their right hand is raised in a mudra gesture, with the thumb and index finger touching. The background features a calm lake, some trees with autumn-colored leaves, and distant mountains under a bright, hazy sky. The sun is low on the horizon, creating a strong lens flare effect that illuminates the scene.

# **Taking Care of Your Heart**

# Taking Care of Your Heart

How Can I Reduce the Risk?

Be mindful of your diet

Practice mindfulness

Avoid substance abuse and smoking

Stay positive

Reach a healthy weight

Get a good night's sleep

Seek support

Plan ahead

# Prevention and Management of Stress

## Recognizing Triggers / Causes of Stress

- Identify what events or situations trigger stress
- Learn to recognize and take control of stress situations AND reactions
- Recognize and accept one's own thoughts, feelings, and behaviors that contribute to a stress reaction
- Take small steps toward changing unhealthy behaviors





# Resources

# TELEPHONIC HEALTH COACHING

## RESOURCES FOR ACHIEVING GOALS

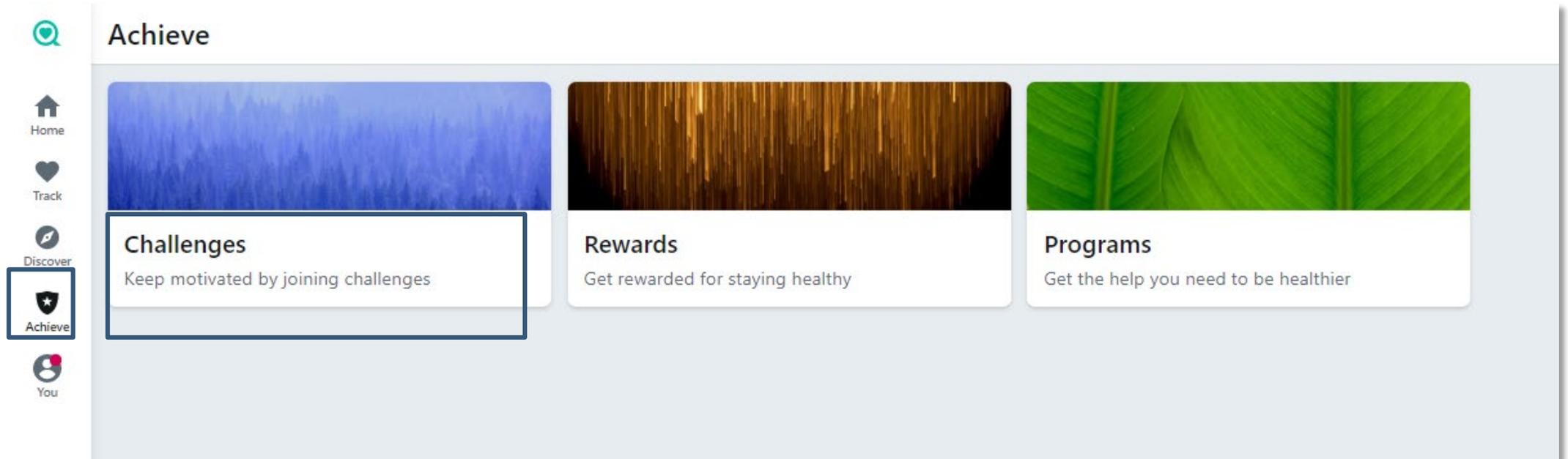
### What is it?

- Working with a health coach provides personalized support to help lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2.**

# MONTHLY CHALLENGES

## RESOURCES FOR ACHIEVING GOALS



- Reward available through the *Take Charge! Live Well!* program
- Participants must track their activities for at least 21 days of the month-long challenge to earn the reward
- Participants must enroll in the challenge to earn the reward
- Back tracking is allowed for 7 days during the challenge. Once the challenge ends, back tracking will not count toward active participation

# MONTHLY CHALLENGES

## RESOURCES FOR ACHIEVING GOALS

**Challenges**

Home | Track | Discover | Achieve | You

Challenges ^

**Active**

Upcoming

Past

Enrolled Available ←

**Active Autumn Steps Ch...**

Steps Challenge  
7285 participants • In Progress

**Challenges**

Home | Track | Discover | Achieve | You

Challenges ^

Active

Upcoming

Past

**Active Autumn Steps Challenge**

Steps Challenge  
7285 participants

**Ends in 10 days**

Nov 1, 2019 (Start Date) | Nov 30, 2019 (End Date)

**START TRACKING**

**Description**

Instead of taking a smokebreak, try a walk! Walk to your health this autumn and enjoy the crisp air, cooling temps, and beautiful colors of the season. This month, walk 147,000 steps -- that's 7,000 steps a day for 21 days-- to jump start your health journey!

**Progress**

**Goals**

1

45111 / 147000

Steps

**History**

Step Count

Date	Step Count
Nov 15	0
Nov 17	0
Nov 19	0
Nov 21	0

Nov 15, 2019 - Nov 21, 2019

**Leaderboard**

Last updated: 11/21/19 at 10:12 AM

View full leaderboard

**50 Points**

**GO TO REWARDS**

# REWARDS

Enrolled employees and spouses may earn up to \$350 each by taking steps to improve their health.

<b>Level 1: Assess Your Health, Earn up to \$150 per person</b>	<b>Point Value</b>
Complete the RealAge® Test (starting July 15)	<b>50 Points</b>
Complete a Biometric Screening: <ul style="list-style-type: none"><li>• Complete a biometric screening at an on-site screening event held at a State facility, <b>or</b></li><li>• Submit the Physician Form, which is to be completed by your physician</li></ul>	<b>100 Points</b>
<b>Level 2: Take Action, Earn up to \$200 per person</b>	<b>Point Value</b>
Points can be earned by completing up to four total actions within the same activity or by combining actions with multiple activities.  Health Coaching Calls	<b>Earn 50 points</b> for each completed health coaching call, up to four calls
Well-Being Challenges	<b>Earn 50 points</b> for each completed challenge, up to four challenges *Must meet Active Participation requirement

## MORE DETAILS: REWARDS, CONTINUED

- All reward-eligible activities must be complete by June 30, 2020.
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Taxes: Rewards earned by the State employee and his or her spouse, if applicable, are taxable. Taxes are based on the amount of the reward. The taxes for rewards earned by either the employee or spouse will be deducted from the State employee's paycheck. The paycheck will reflect the amount of the rewards minus the taxes.
- Incentive rewards will be displayed on the employee's paycheck in the 'hours and earnings' section. The incentive rewards will read 'TCLW rewards 20'.

# The Ohio Employee Assistance Program



## Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

## Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

[ohio.gov/eap](http://ohio.gov/eap)

[OEAP@das.ohio.gov](mailto:OEAP@das.ohio.gov)

## Optum Behavioral Solutions:

1-800-852-1091

# Additional Resources

- American Heart Association
  - [www.heart.org](http://www.heart.org)
- Ohio Employee Assistance Program
  - [www.ohio.gov/eap](http://www.ohio.gov/eap)
    - Monthly newsletters
  - 1-800-221-6327
- Optum Behavioral Health
  - 877-229-3440
  - [www.liveandworkwell.com](http://www.liveandworkwell.com)
- Johns Hopkins School of Medicine
  - <http://www.hopkinsmedicine.org/health/awareness/stress.html>
- Harvard Health Publications
  - <http://www.helpguide.org/articles/stress/stress-management.htm>
- National Heart, Lung, and Blood Institute
  - <https://www.nhlbi.nih.gov/>





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Thank You!

[ohio.gov/tclw](https://ohio.gov/tclw) | 1-866-556-2288