

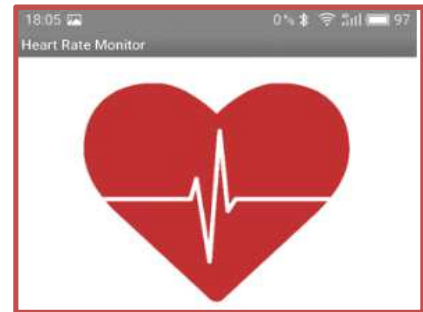
## FEBRUARY 2017 HEALTHY TIP

### FEBRUARY IS AMERICAN HEART MONTH

Heart disease is responsible for one in every four deaths in the United States. And age is not always the deciding factor. Some heart diseases affect even infants. It is impossible to detect when a heart disease will strike, but through proper education and diligence, better preparation can help protect your heart.

#### Know Your Risks:

- **Family History:** You are more likely to get a heart attack if your sister or mother had a heart attack before age 65, or if your brother or father had a heart attack before age 55.
- **Unhealthy Eating Habits.** Foods that are rich in saturated and trans-fats, loaded with sugar, and filled with excess sodium can significantly increase the risk of heart disease.
- **Sedentary Lifestyle.** A lack of physical activity mixed with high blood pressure, diabetes and being overweight has been identified as another risk factor of heart disease.
- **Blood Pressure.** Blood pressure measuring at 140/90 or higher is categorized as high pressure. For those with diabetes, blood pressure is categorized as high when your pressure reaches 130/80.



February has been designated as American Heart Month. It is a great time to make the commitment to living a healthier lifestyle.

If you are unsure if you are at risk, talk with a medical professional. The more we can control our risk factors, the less likely we are to develop a heart disease in our lifetime.

**For additional information go to <https://www.nhlbi.nih.gov/health>**

#### WORLD CLASS. LOCAL TOUCH.

For informational purposes only.

This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. Marsh & McLennan Agency LLC shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any statements concerning actuarial, tax, accounting or legal matters are based solely on our experience as consultants and are not to be relied upon as actuarial, accounting, tax or legal advice, for which you should consult your own professional advisors. Any modeling analytics or projections are subject to inherent uncertainty and the analysis could be materially affected if any underlying assumptions, conditions, information or factors are inaccurate or incomplete or should change.

Copyright © 2017 Marsh & McLennan Agency LLC. All rights reserved.