Summit Health

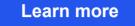
By Your Side

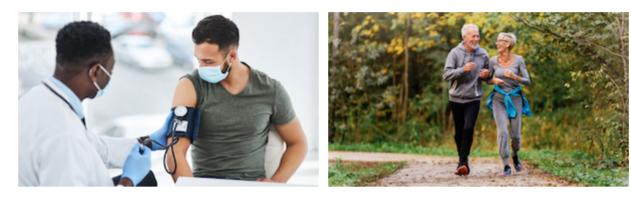
February 2023



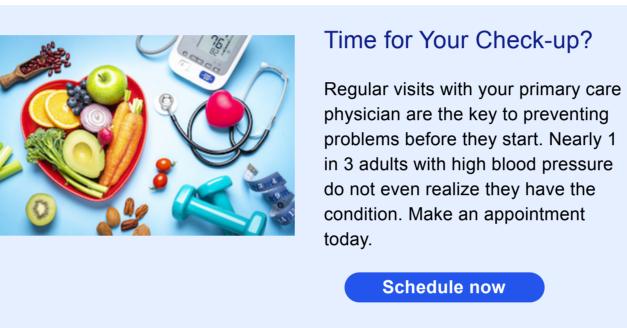
10 Ways to Love Your Heart

It's time to get heart smart. Heart disease is the leading cause of death in both men and women. But there are choices you can make in your daily life to reduce your risk. Follow our healthy heart tips — and your heart will surely love you back.





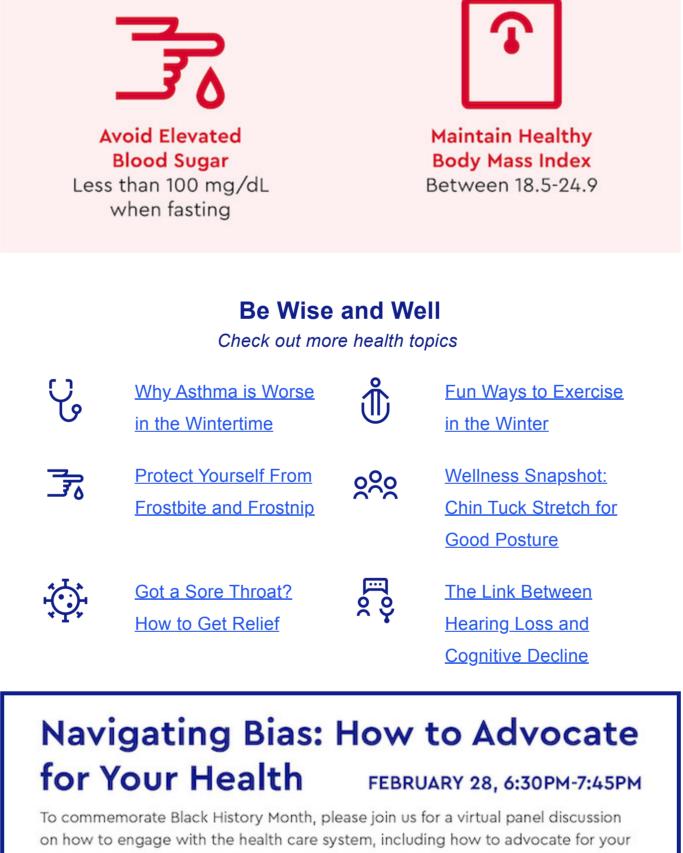
Blood Pressure Check: Do You Grateful Patient Story: Heart Valve Know Your Numbers? Disease Learn more Learn more



Four Keys to a Healthy Heart









care, how to ensure your provider is right for you, when to reach out for help, and how to get the best referrals. Please register by emailing DEI@summithealth.com with your name and email address, which we will respond to with the meeting link.



Resources on the go



Summit Health + CityMD app Find a Summit Health provider



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