



LOVE YOUR HEART.

Know your numbers.

**From young hearts to the young at heart,
know your numbers – it could save your life.**

February is American Heart Month. While your health should be a priority all year round, this month is a reminder to show some love to your heart. Knowing your blood pressure, cholesterol, glucose, and body mass index can help indicate early signs or ongoing heart conditions.

Take action now, and schedule an appointment with a cardiologist at the WVU Heart and Vascular Institute by calling **855-WVU-CARE** or visiting **MyWVUHeart.com**.