



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.

 **WVU**Heart & Vascular
Institute

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](https://www.mywvuheart.com)**.