



Thrive Together

Princeton Tools and Resources to Support You

THRIVE
AT PRINCETON

FALL 2022: YOUR HEALTHY HEART

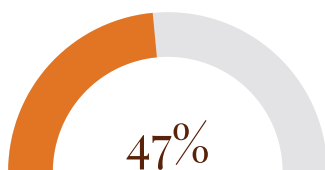
Thrive Together is a quarterly benefits newsletter designed to keep you informed about important health and wellness topics all year long, with information about the benefits and resources Princeton offers to support your whole health.

This edition is all about heart health and how high blood pressure and high cholesterol can lead to heart disease.

Heart Disease

Heart disease refers to several types of heart conditions, with the most common being coronary artery disease (CAD), which can slow blood flow and lead to a heart attack. High blood pressure, high cholesterol, smoking, and diabetes are significant risks for heart disease, and almost half of all Americans have at least one of these. Heart disease is the leading cause of death for adults in the United States.

Fortunately, you can reduce your risk for heart disease through healthy habits and sometimes medical treatment.^{1,2}



Percentage of people in the U.S. that have at least one risk factor for heart disease

In the U.S., one person dies every 34 seconds from heart disease.



1. About Heart Disease. Centers for Disease Control and Prevention. bit.ly/cdc-about-heart-disease
2. Heart Disease Facts. Centers for Disease Control and Prevention. bit.ly/cdc-heart-disease-facts

High Blood Pressure and High Cholesterol



Blood pressure, or hypertension, is the pressure on the artery walls as blood is pumped. High blood pressure can lead to artery blockage and decreased blood flow to the heart, as well as other organs. This can lead to stroke, heart attack, and possibly death.

Cholesterol is a waxy substance in the arteries, and much like high blood pressure, it can build up and create blockages leading to stroke and heart disease. High cholesterol can be hereditary, but most “bad” cholesterol comes from your diet as saturated and trans fats in foods from animals including meat, eggs, and dairy products.



“If you have high cholesterol, high blood pressure, or both, you’re not alone. Many of our Princeton colleagues live with these conditions. In addition to working with your doctors, you can take advantage of the incentive-based Condition Management Program (CMP) offered for free through **My Health Coach.**”

Crystal Edwards
Princeton University
Benefits Specialist



Preventing Heart Disease

While you should always consult your doctor for diagnosis and biometric screenings, there are steps you can take to help manage your heart health.



Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke, and other major health problems. bit.ly/aha-essential-8

The Skinny on Fats. Getting to know which fats raise LDL (bad) cholesterol and which ones don't can help you lower your risk of heart disease and stroke. bit.ly/aha-skinny-on-fats

Did You Know...?



High blood pressure and high cholesterol are called “silent killers” because the only way to know if you have them is to get routinely monitored.



At the **Employee Wellness Center**, you can schedule your annual physical with **Doctors in Your Office** to test your blood pressure and cholesterol.

hr.princeton.edu/doctors-your-office

Princeton Benefits Can Help You Manage Your Heart Health

There are several sources of support for you through your Princeton University benefits and programs:

FOR PREVENTION

My Health Coach offers coaches who can help you incorporate daily life changes to reach heart-healthy goals.

Call **My Health Coach** at (866) 237-0973.

Castlight is a one-stop-shop to find providers, compare pricing, and review quality ratings.

If you are enrolled in a Princeton medical plan, register for **Castlight** at mycastlight.com/Princeton.

Health Advocate is another resource to help you find the right doctor and schedule appointments and tests whether or not you are enrolled in a Princeton medical plan.

Call **Health Advocate** at (856) 695-8622.

FOR MAINTENANCE AND RECOVERY

Princeton Medical Plans cover doctor visits, biometric screenings, diagnostic tests, surgical, rehabilitation, and mental health services.

Contact **UnitedHealthcare** or **Aetna** for more information.

The **Condition Management Incentive Program (CMP)**, offered through My Health Coach, provides a copay waiver for certain prescriptions to participants diagnosed with high blood pressure, high cholesterol, or obesity.

Call **My Health Coach** at (866) 237-0973.

2nd.MD can provide an expert second opinion if you are faced with a new diagnosis, possible surgery, or a chronic condition.

Call **2nd.MD** at (866) 841-2575 or visit 2nd.MD/princeton.

3. High Blood Pressure Symptoms and Causes. Centers for Disease Control and Prevention. bit.ly/ede-about-blood-pressure

4. American Heart Association. What is Cholesterol? bit.ly/aha-about-cholesterol

Together, we can help you thrive.

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hr.princeton.edu/thrive



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HUMAN RESOURCES