

- **Be Aware**

- [Heart Disease - Statistics & Maps/Heart Disease Facts](#)
- [Healthy Heart Quiz](#)
- [How to Talk to Health Care Professional about Cardiovascular Disease](#)
- [Cholesterol - Fact Or Fiction](#)
- [Heart Attack Signs & Symptoms](#)
- [Men & Stroke Fact Sheet](#)
- [Men & Heart Disease Fact Sheet](#)
- Cigna Video - Get an annual check-up and learn your 4 health numbers, STAT! It could help save your life.
<https://www.facebook.com/CIGNA/videos/vl.1987351911541139/10155277469364317/?type=1/>
- [The Difference Between a Heart Attack, Stroke, and Cardiac Arrest](#)

- **Be Active**

- [Healthy For Good](#)
- [Simple Ways To Be Active](#)
- [Heart Health Tips for Men](#)
- [Heart Health and Depression: What Men Need to Know](#)
- Cigna Video - Plot Twists/Annual Check-Ups -
<https://www.facebook.com/CIGNA/videos/10154788811234317/>
- [17 Ways To Improve Your Heart Health](#)

- **Be Empowered**

- [5 Ways to Eat Healthier in 2018](#)
- [How to Break a Habit](#)
- [5 Lifestyle Changes to Help You Lower Blood Pressure](#)
- [Super Tracker - Food, Fitness & Health](#)
- [6 science-based secrets to staying motivated at the gym](#)
- [25 Cheat Sheets For Taking Care Of Yourself Like A Damn Adult](#)