

# KEEP



# GOING



## **Don't want to miss a beat on your heart health?**

Heart-healthy habits can have a big impact. Taking your medication as prescribed, getting regular checkups and making healthy lifestyle choices can keep the beat — and your heart — going strong.

Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) to learn more.

