

HEALTH BENEFITS E-NEWS

*Department of Human Resource
Management
Office of Health Benefits*

February 15, 2022

February is Healthy Heart Month

Cardiovascular disease is one of the top lifestyle-related conditions under the state health benefits program. Since February is National American Heart Month, it's a good time to familiarize health plan members with the numerous ways that the health plan is helping to assist members to lower their risk for heart disease.

All of the Commonwealth's health plans offer disease management programs to help manage and prevent cardiovascular disease. Please encourage members to learn more about all the available health plan programs and benefits related to heart disease that help prevent, fight and treat this condition through healthy lifestyle choices.

More information may be found in these [individual state and regional health plan flyers](#), and on the health plan websites.

Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov