

2025 FEBRUARY

# Wellness Care Package



## Heart Health Month

Wear red on Friday, February 7, to show support and raise awareness for heart disease.

Heart disease is the leading cause of death for men, women, and most racial and ethnic groups in the U.S. That's why it's so important to take small steps toward a healthier heart.

Sometimes, heart disease can be silent and go unnoticed until you experience the signs or symptoms of a heart attack, heart failure, or an arrhythmia (irregular heartbeat). Here are some signs and symptoms to watch out for:

- **Heart attack:** Chest pain or discomfort, pain in the upper back or neck, indigestion, heartburn, nausea or vomiting, extreme dizziness, and shortness of breath. If you're concerned you or someone you know is having a heart attack, call 911 right away.
- **Heart failure:** Trouble breathing, tiredness, swelling in the feet, ankles, legs, abdomen, or neck.
- **Arrhythmia:** Feeling like your heart is fluttering or beating oddly (palpitations).

Learn more and test your knowledge with the [February Heart Health Month toolkit](#).

## 21 Days to Positivity WebMD Challenge\* Monday, Feb. 3 – Sunday, Feb. 23

Being grateful helps you feel happier, healthier, and more fulfilled. It also helps with stress and has a positive effect on your heart rate. This challenge will help you lower your stress levels by promoting a positive mindset. Simply write down three good things about your day for 21 days.

[Sign up in your member portal\\*](#) anytime during the challenge. [Need help?](#) Get 1:1 Living Healthy help.

*\*Challenges are available only to Health Plan members, excluding Individual and Family plans.*

## Move with a Doc: Women's Health Tuesday, Feb. 11 | 12-12:30 p.m.

[Join Dr. Roopa Shah](#) as she talks about cervical cancer screenings, pelvic floor strengthening, female incontinence, and other women's health issues.

## Learning Loft: Dishin' it with Jenni Tuesday, Feb. 20 | 12-12:30 p.m.

In honor of American Heart Month, this Dishin' it with Jenni will focus on preparing heart-healthy recipes. What foods are part of a heart-healthy diet? What does a day of eating heart-healthy look like? Join Jenni for breakfast, lunch, dinner, and snack ideas your heart will love. [Sign up.](#)



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*\*Programs are available to insured members only, excluding individual and family plans*