

February is American Heart Month!



Protect your heart by eating healthy, staying active, and managing stress. Heart disease can run in families, so talk with elders about your family history.

As a tribal member, you can enroll in the Marketplace, Medicaid, or CHIP year-round: review your coverage options to stay heart healthy.

For more information, contact your local Indian health care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call **1-800-318-2596**

