

# Are You Heart Smart?

How much do you know about keeping your heart healthy? Take this quiz and find out.

1. Every \_\_\_\_ seconds, someone in the United States has a heart attack.  
A. 40  
B. 50  
C. 55
2. Which of the following is not a risk factor for heart disease?  
A. High blood pressure  
B. Using statins  
C. Smoking
3. All of the following are heart attack symptoms except:  
A. Chest pain  
B. Back pain  
C. Nausea  
D. Blurred vision
4. True or false: You should wait until you have at least two heart attack symptoms before getting care.  
A. True  
B. False
5. True or false: Causing yourself to cough vigorously during a heart attack will stop it.  
A. True  
B. False
6. Which test takes an ultrasound of your heart?  
A. Electrocardiogram  
B. Echocardiogram  
C. Coronary angiogram

Answers: 1. A; 2. B; 3. D; 4. B; 5. B; 6: B

**Always call 911 or your local emergency services number if you or someone else requires immediate medical attention.**



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: WebMD®, National Sleep Foundation, National Institutes of Health

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2018 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.



Horizon



Horizon Blue Cross Blue Shield of New Jersey

[HorizonBlue.com/shbp](http://HorizonBlue.com/shbp)

CMC0011152B (02/18)