

PREVENTING SECONDARY **HEART** ATTACKS



Having one heart attack increases a patient's

RISK OF HAVING ANOTHER.



1 IN 5 PATIENTS

has a second cardiovascular event within a year of their first.

Patients can lower their risk through:



BETTER DIET AND EXERCISE



AVOIDING TOBACCO AND ALCOHOL



ADHERING TO PRESCRIBED MEDICATIONS



HEALTH PLANS CAN SUPPORT SECONDARY PREVENTION

through comprehensive coverage for necessary treatments.

Secondary prevention reduces risks and **SAVES LIVES.**



Alliance for Patient Access

