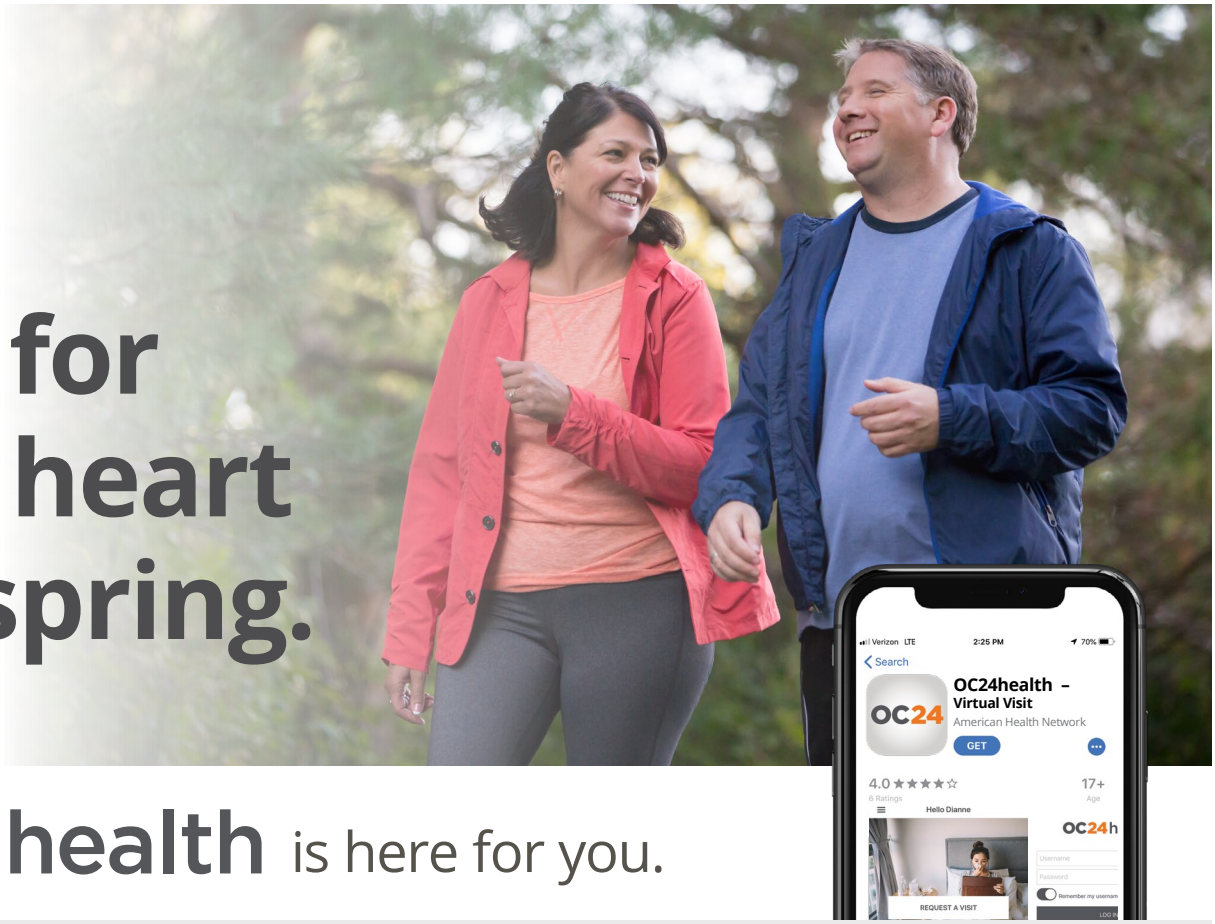
Care for your heart this spring.



OC24health is here for you.

Did you know that heart disease is the most common health condition in the US?*

Staying active is a great way to strengthen your heart and prevent chronic conditions. Here are three ways you can get moving and keep your heart healthy this spring:

1. **Explore a nearby running or hiking trail**
2. **Bike to work or for fun with friends or family**
3. **Take a walk outside**

Worried about your heart health? You are not alone. With OC24health you can talk with a provider anytime, anywhere. If you have a heart health emergency, call 911.

*https://www.cdc.gov/heartdisease/facts.htm

OC24health.com | Download the app | 855.617.2116

Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.

Available on the iPhone App Store

ANDROID APP ON Google play

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If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.

During this quickly evolving situation, staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.