

Know the signs of a heart attack



Do you know the signs of a heart attack? Would you recognize if you or someone else were having a heart attack?

Heart attack signs and symptoms include:

- Chest pain or discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in the shoulder or arm
- Shortness of breath

Women often have different symptoms, which can include:

- Feeling much more tired than usual, for no clear reason

- Heartburn, nausea or a burning feeling that seems unrelated to food
- Lightheadedness or faintness

If you think you or someone near you is having a heart attack:

- Call **911** immediately.
- Do not drive yourself or the patient to the hospital. First responders can start life-saving steps in an ambulance while on the way to the Emergency Room.
- Have the patient stop all activities.
- Loosen clothing, such as ties and belts, that may restrict breathing.

Horizon Blue Cross Blue Shield of New Jersey can help you get the care you need when you need it. Visit HorizonBlue.com/doctorfinder if you need help finding in-network care.



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: Centers for Disease Control and Prevention, Kramer Patient Education, WebMD®

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