

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

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