



About Us
For nearly 100 years, we've been fighting heart disease and stroke, striving to save and improve lives.

Our Mission
To be a national asset for a world of ongoing health care.

Two Hours Hearting as One
The American Heart Association is a national leader in heart disease and stroke prevention and research.



2022-23 Board of Directors

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About Us	Get Involved	Our Sites
<p>Heart Disease and Stroke Statistics</p> <p>Heart Disease and Stroke Facts</p> <p>Heart Disease and Stroke Prevention</p> <p>Heart Disease and Stroke Research</p> <p>Heart Disease and Stroke News</p> <p>Heart Disease and Stroke Support</p>	<p>Volunteer</p> <p>Learn CPR</p> <p>SHERA</p> <p>Donate</p> <p>Shop</p>	<p>American Heart Association</p> <p>American Stroke Association</p> <p>Case & ECC</p> <p>Professional Heart Daily</p> <p>More Sites</p>

Whole Health Matters

Learn how to improve and maintain your health.



Walk your way to better health
Walking is one of the simplest ways to get active and stay active. With each step you take, you pave the way to a healthier lifestyle.



Meal timing may affect heart health
It's not just what you eat, but when you eat that matters to your health. Research indicates variations in meal timing, from day to day and from weekday to weekend, affect several important heart health risk factors, including changes in waist circumference, body fat, blood pressure and blood sugar.

- Previous Stories**
- Housing is a health care issue
 - Dentists are looking out for more than just their teeth
 - Mental health linked to better heart health and overall well-being
 - Green spaces are good for heart health
 - Healthy habits for healthy brains
 - Always stressed? Simple changes may lessen negative effects and make you healthier and happier
 - Set exercise goals for 2021 that work for you
 - Fear of seeking medical attention blamed for rising deaths
 - Controlling blood sugar even more crucial with increased COVID-19 risks
 - COVID-19 may worsen health inequities in some communities
 - Gratitude is the Attitude for Good Health

Whole Health Matters: Digital HR Playbook

Learn what you can do to navigate the road ahead and take care of your employees' medical, dental, emotional and mental health.

[Learn more about Workplace Health Solutions \(PDF\)](#)

Seasonal Content Calendar

Find downloadable resources like articles, infographics and videos to help make communication with employees accessible and simple.

[View the Seasonal Calendar \(PDF\)](#)

Local Healthy for Good™ Sponsor

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Healthy for Good™

[Visit the Healthy for Good™ Website](#)

You're invited to explore our website for more information on the American Heart Association's research and education resources.

About Us	Get Involved	Our Sites
<p>About the AHA/ASA</p> <p>Annual Report</p> <p>AHA/ASA Financial Information</p> <p>International Programs</p> <p>Latest Heart and Stroke News</p> <p>AHA/ASA Media Resources</p> <p>Careers</p>	<p>Donate Now</p> <p>Make a Memorial Gift</p> <p>Ways to Give</p> <p>Advocate</p> <p>Volunteer</p> <p>Go Red For Women</p> <p>Shop</p>	<p>American Heart Association</p> <p>American Stroke Association</p> <p>Case & ECC</p> <p>Professional Heart Daily</p> <p>More Sites</p>

Contact Us

Hours
Monday - Friday: 9 a.m. - 5 p.m. CT
Saturday: 9 a.m. - 5 p.m. CT
Closed on Sundays

Toll-Free Identification Number
1-800-AHA-USA1
1-800-262-8772

Don't Die of Doubt

Hospitals are still the safest place for you to be when medical emergencies strike. Don't hesitate or doubt. Call 911 at the first sign of a heart attack or stroke.

View more about heart attack and stroke symptoms

Learn more about heart attack and stroke symptoms

Five reasons hospitals are safe for heart, stroke emergencies – even in the pandemic

A heart attack or stroke changed the world. It may change the way you think about the safest place to go for a heart attack, stroke or other medical emergency.

Learn why you shouldn't hesitate or doubt you need emergency help

Don't Doubt: Call 911 if these symptoms appear

Heart Attack Symptoms

- Chest discomfort that can feel like pressure, squeezing, fullness or pain
- Pain or discomfort in one or both arms, the back or back of the neck
- Shortness of breath
- Dizziness and lightheadedness, fainting, nausea or vomiting

Learn more about heart attack symptoms

"I Don't Want You to Die of Doubt"

When you have a heart attack, it's important to know what to do. Don't wait. Call 911 at the first sign of a heart attack or stroke. Don't doubt. Call 911 at the first sign of a heart attack or stroke. Don't doubt. Call 911 at the first sign of a heart attack or stroke.

Read Jerry's story

She doubted her heart attack symptoms. She hopes others know better.

Cheryl Bennett's family had a heart attack. She hopes others know better. Cheryl Bennett's family had a heart attack. She hopes others know better.

Read Cheryl's story

Get the Facts About the COVID-19 Vaccine

Being prepared for the future is important. The future is bright. The future is bright. The future is bright. The future is bright. The future is bright. The future is bright.

Get the facts and stop the spread

Doctor, It's Been Too Long

Loving your family means making sure your parents, like and above, maintain their doctors' appointments. It's time to check up on your health, and the health of those you love.

Prepare for your appointment with these tips

Sponsored by

Medtronic is proud to be a Transcendental Association of the American Heart Association and American Stroke Association (ASA) member.

Medtronic

Learn more about Medtronic

Doctor, It's Been Too Long

Good health is an important part of overall well-being. Your health and the health of your loved ones is worth making the time to see a doctor.

I'm making an appointment today

Time to see a doctor

Conditions such as high blood pressure, high cholesterol or prediabetes that may not have symptoms can be easily detected at a doctor's visit. Get the best care when you see your doctor. If you are unable to see your doctor, ask a nurse practitioner or physician assistant for advice.

Here are a few concerns that may be holding you back:

- Getting to a doctor's appointment without **transportation**. Some areas have programs to help, or mobile health clinics may be an option.
- It's time to get up and get in to see the doctor. Ask for a **telemedicine appointment**, join the appointment conversation list or ask if a nurse practitioner or physician assistant is available.
- Ask questions to enhance your **treatment plan** and follow your insurance rules. **Have** your health plan and community health partners throughout the country providing care for people without insurance or restricted about care.

Talking With Loved Ones

Improve your skills

Caring for the Caregiver

Get support for taking care of you

Minding Your Well-Being

Find tips to boost yours

Find a Community Health Center Near You

If you don't have a doctor and need to find affordable care, a community health center might be an option for you.

Find a health center

Health Insurance Marketplace

The open enrollment period for 2021 coverage is complete, but you can still get health insurance if you qualify under a few special circumstances to sign up.

Use these resources to learn more about finding health insurance

- **Quick tips to help yourself when choosing a plan (PDF)**
- **Special Enrollment Periods (SEP)**
- **Marketplace Application Checklist (PDF)**
- **Things to know about the health insurance marketplace (PDF)**

Be inspired and stay informed.

Heart magazine is now in our trusted award-winning monthly publication for people living with heart disease, their families and caregivers.

Don't miss our latest issue!

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ZIP Code Required

Sign Me Up!

About Us

- About the AHA/ASA
- Heart & Stroke
- AHA/ASA Publications
- Financial Information
- Corporate Governance
- Board of Directors
- Contact Us

Get Involved

- Donate Now
- Share a Personal QR
- Volunteer
- Affiliate
- Corporate Sponsor
- Call For Volunteers
- Support Us

Our Sites

- American Heart Association
- American Stroke Association
- 911 SOS
- Prevention Heart Guide
- Learn More

Heart & Stroke

1000 North Dearborn Street, Suite 1000
Chicago, IL 60610

For Media Inquiries

1-800-541-8343

Coronavirus (COVID-19)

[Brief Evaluation of How COVID-19 Impacts Your Business](#)

[Get the Facts About the Updated SARS-CoV-2 Vaccine](#)

[Coronavirus \(COVID-19\) Updates](#)

Tell me more.

[Get the Facts About the Updated SARS-CoV-2 Vaccine](#)

[Learn More About COVID-19](#)

Doctor, It's Been Too Long.

[Learn More About COVID-19](#)

Start Your Headway

[Learn More About COVID-19](#)

[Headway Tools](#)
[The Mood Toolkit](#)
[We Need Your Support](#)

[Let's Go Together](#)
[Manage Your Stress](#)
[Work Well Together](#)

CPR Training and Resuscitation

[The science of it all](#)

Chronic Disease Self-Management

[Additional COVID-19 Tools](#)

[Additional COVID-19 Tools](#)

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Behavioral Health Care

We can help you find the care you need.

It's normal to have little road bumps from time to time, but when your moods start to affect your behavior or your health, it's time to seek help. Getting support from a trained behavioral health professional can give you skills to cope and may help you feel better.

Knowing where to start can feel overwhelming, take a look at the signs and decide what is best for you. Blue Cross and Blue Shield of Texas (BCBS/TX) can help you get care and learn about your benefits.

Your PCP (Primary Care Provider)

Your PCP is your partner in keeping you healthy. They coordinate all of your medical care, including hospital admissions and referrals to specialists. Not all health plans require a PCP.

[Find a PCP](#)

Mental Health Therapy

There are a variety of mental health specialists. Search our network for therapists and psychologists for all types of mental and behavioral health counseling.

[Find a Professional](#)

Psychiatric Therapy

A psychiatrist is a medical doctor with a specialty in diagnosing mental health disorders who can prescribe medications. Our network has many specialists that can assist in your treatment.

[Find a Psychiatrist](#)

Substance Use Counseling

Substance use counselors help people who suffer from dependency to break the cycle. Your coverage may include inpatient or outpatient support for chemical dependency treatment.

[Find a Counselor](#)

Headway (Online and In-Person Options)

Headway helps you find an in-network provider based on any criteria, including specialty, location, personality, and race, language, ethnicity, and whether you want virtual or in-person care. They can even help you book your first appointment in as soon as 48 hours.

[Visit Headway](#)

Digital Behavioral Health

Learn to Live is an online, self-guided resource that can help with anxiety, depression, and other mental health concerns. It's confidential, available at no cost to BCBS/TX members, and accessible anytime, anywhere. Most all health plans include the Learn to Live benefit.

[Learn more](#)

MDLIVE

MDLIVE lets you schedule appointments with an independently contracted, board certified therapist or psychiatrist by mobile app, online video or phone. They can help with online counseling, digital behavioral learning, stress management, and more. Not all health plans include MDLIVE.

[Visit MDLIVE](#)

When Should I Get Help?

Common concerns should be addressed with a counselor or your Primary Care Provider (PCP):

- Anxiety, including worries or fears that interfere with your day
- Depression, or low mood that lasts more than a week
- Unstable or rapidly changing mood that changes unpredictably
- Confusion or problems with concentration and learning
- Unexplained or lasting irritability or anger
- Avoiding activities or friends that you used to enjoy
- Difficulties with social relationships, or having a hard time being able to relate to others
- Sleeping difficulties, such as sleeping too much or being excessively tired
- Changes in eating habits, either overeating or lack of appetite
- Changes in sexual desires
- Changes in physical health without underlying conditions such as headaches, stomach aches, or "aches and pains"

Urgent issues should be treated immediately:

- Chemical dependency or concerns of chemical abuse
- Thoughts of self-harm or suicidal thoughts

If you believe that your life or someone else's life is in danger, you should call 911 or get to an emergency room immediately.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Last Updated: June 26, 2023

Insurance Basics

[Health Care Costs](#)
[Types of Health Insurance Coverage](#)
[Glossary](#)
[FAQs](#)

Buying a Health Plan

[How to Enroll for Health Insurance](#)
[Get a Quote/Browse and Buy Plans](#)
[Premium Tax Credit Estimator](#)
[Individual & Family Plans](#)
[Medicare Plans](#)

Member Resources

[Log In to Blue Access for Members](#)
[Register for Blue Access for Members](#)
[Play My Bill](#)
[Federal Employee Program \(FEP\)](#)

[Facebook](#)
[Twitter](#)
[LinkedIn](#)
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If You are leaving this website/app ("Site"), This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.



Enroll Before Open Enrollment Ends Jan. 16

1-855-453-5941

*First Name

*Last Name

Email Address

Phone Number

*ZIP Code

*Required

Shop Plans



Your Health Journey Just Got More Affordable

When you enroll in a Blue Cross and Blue Shield of Illinois plan, you'll get access to Blue365®, a health and wellness discount program:

- Link your personal fitness device for more savings
- Get access to thousands of top gyms and studios as low as \$28 a month
- Save on gym equipment, exercise clothes, gym shoes and more
- Daily savings available every day of the year

Review Benefits



Speak With A Health Plan Specialist

Our health plan specialists can help you search for plan options, understand health insurance and get you enrolled in coverage.

1-855-453-5941

Reviews



Enroll Now For Coverage Starting January 1

Life is unpredictable, your quality of coverage shouldn't be.

1-855-453-5941

Registration form with fields for First Name, Last Name, Email Address, Phone Number, and ZIP Code.

Shop Plans

Get Covered By a Brand You Trust, Blue Cross and Blue Shield of Illinois

Find Plans That Include:

- Access to an expanded list of health care providers and telehealth services
24/7 health care team always on call
You can also take advantage of Blue365

Review Benefits

What People Are Saying



"I love the convenience of being able to check on claims from my phone or online. And when I have questions, they're always there to help."

- Allyson B.



"I've always preferred Blue Cross over all of the other networks that I've been a part of. A lot of those others, it was a headache."

- Eric M.



"I have no copays. I guess I've been very fortunate. It is really good insurance. It really is. It does cover everything. I'm pleased with that. It feels really good."

- Danielle J.



Understanding Individual & Family Plans

Learn More



Learn About Pharmacy Benefits

Find Benefits



Find Out What's Next After Applying

What's Next?

Reviews