

Young at heart doesn't always mean a healthy heart

Meet Sydney. She's a 37-year-old Black woman. That puts her in a high-risk group for having a heart attack, despite her age.¹



Sydney's young and doesn't know she's at risk. 30% of heart attacks occur in people ages 35 to 54 and nearly 50% of Black women 20 and older have heart disease.¹



A heart attack could put Sydney in the hospital for 2 to 7 days. She might need to take time off work to recover.²



Sydney could face catastrophic costs. Even with health insurance, nearly half of heart patients struggle to pay their medical bills.³



Because Sydney's a woman, her heart attack symptoms might go beyond chest pain to include indigestion, back or jaw pain, or shortness of breath.



Critical illness insurance – which doesn't have to cost your company a thing – can help Sydney stay financially stable during recovery and beyond.

Protect your employees with Aflac critical illness coverage. Contact your Aflac benefits advisor to learn more today.

¹ American Heart Association. "Heart Disease in African-American Women." Undated; all content reviewed by AHA medical advisers. Accessed 1.28.2021.

² WebMD. "How Long Will I Be in the Hospital After a Heart Attack?" Last reviewed 8.24.2020. Accessed 1.28.2021.

³ Circulation. "Financial Toxicity." Published 7.22.2019. Accessed 1.28.2021.

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