

Cardiologists say a healthy diet is one of the best ways to protect heart health, in addition to exercising more, staying a healthy weight and quitting smoking. *NBC 5*

Your trusted voice and resource



[COMPdata Informatics](#)

[Insurance Solutions](#)

[IPC Group Purchasing](#)

[Midwest Alliance for Patient Safety](#)

[Privacy Policy](#) | [Contact Us](#) | [IHA Employee Login](#) | [Site Map](#) | [Careers](#)

Illinois Health and Hospital Association