```cpp
time_t reftime = 0;
bool ShowHealth = 1;


void TimerThink()
{
  if(reftime - time(0) > 5)
  {
    ShowHealth = ShowHealth ? 0 : 1;
    reftime = time(0);
  }
}

//draw code:

TimerThink(); //not a good place for this tbh, but whatever

if(ShowHealth)
{
   //draw health
}
```

Be sure to:


```cpp
#include "time.h"
```