

## READ ME FIRST

### February Wellbeing Tip: Heart Health

Here are some additional resources and links on heart health for February.

#### Here are some ways you can support your employees this month:

- Share the included flyers with employees
- Host a Wear Red Day as part of Go Red for Women, on Friday, February 2<sup>nd</sup>
- Do the Just Move It! challenge at your workplace. The challenge toolkit is included with the resources.

#### Here are some additional resources:

- [National Heart, Lung, and Blood Institute](#) (one of the National Institutes for Health)
- [American Heart Association](#)
- Centers for Disease Control and Prevention (CDC): [Heart Disease](#)

**Have you visited the Excellus For Business website?** It is a digital hub for downloading toolkits and resources to help you educate and engage your employees. Toolkit topics include behavioral health, maternity care, diabetes, finding a doctor, telemedicine and more. Visit <https://excellusforbusiness.com/>.