**February – Heart Health/Know Your Numbers**

**Subject:** Prioritize Your Heart Health This February – Know Your Numbers!

February is American Heart Month, a great time to focus on your health. Heart disease remains the leading cause of death for men and women in the U.S., but the good news is, many risk factors are within our control. This month, let’s take proactive steps to keep our hearts healthy and reduce our risk for disease.

**Tips to Boost Your Heart Health:**

* **Stay Active:** Aim for at least 30 minutes of moderate physical activity (like brisk walking) most days of the week.
* **Eat Heart-Healthy Foods:** Focus on a diet rich in fruits, vegetables, whole grains, and lean proteins. Limit foods high in saturated fat, trans fats, and sodium.
* **Quit Smoking:** Smoking is a major risk factor for heart disease. If you need help quitting, check out free resources like [802quits.com](https://802quits.org/?gad_source=1&gclid=Cj0KCQjw7Py4BhCbARIsAMMx-_If08OAzov0Mce74QL0AA82bNhjSXBYaw6t22J4ykbA38CjT1bspg4aAl0nEALw_wcB) for Vermont residents or [QuitNowNH.org](https://quitnownh.org/) for New Hampshire residents.
* **Manage Stress:** Chronic stress can negatively impact heart health. Try practicing mindfulness, deep breathing exercises, or yoga to reduce stress levels.
* **Get Enough Sleep:** Adults should aim for 7-9 hours of sleep each night to support heart function and overall well-being.

**Know Your Numbers – Your Call to Action:**

Understanding key health numbers is one of the most important steps you can take to protect your heart. This February, schedule a preventive check-up with your doctor to learn your:

* Blood Pressure
* Cholesterol Levels
* Blood Sugar (Glucose)
* Body Mass Index and/or Waist Circumference

These numbers can provide valuable insights into your heart health and help you and your healthcare provider make informed decisions. Many health plans cover preventive screenings at no cost, so take advantage and schedule your check-up today.

*Optional Incentive Text:*

As a thank you for taking care of your health, employees who complete their preventive care visits will be entered into a raffle for a [reward/gift card/prize]! *[Program Administrator to add instructions for how employees qualify for the reward].* Make your appointments today to be eligible.

By knowing your numbers, you’re taking control of your heart health and setting yourself up for a healthier future!