

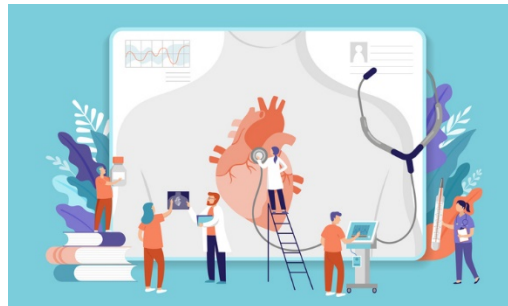
February 2021 Wellness Champions



Celebrate American Heart Month!

Make sure to celebrate American Heart Month during February. American Heart Month is an important observance that reminds us to take care of one of our most vital organs. Remind co-workers of the risk factors of heart disease and how they can reduce their risk. Neglecting to take care of your heart can allow disease to set in, causing several types of heart conditions, including coronary artery disease and heart attack. Heart disease continues to be the leading cause of death for men and women in the United States, making it an important topic for wellness leaders to focus on.

The Centers for Disease Control and Prevention lists high [blood pressure](#), high blood [cholesterol](#), and [smoking](#) as key risk factors for heart disease. Approximately half of Americans have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:



- [diabetes](#)
- [being overweight or having obesity](#)
- [eating an unhealthy diet](#)
- [being physically inactive](#)

- [excessive alcohol use](#)

In addition, click the link to learn more about how [heart disease and mental health disorders are related](#).

Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you **can** control. Staying at a healthy weight, regularly exercising and controlling alcohol use can all be ways to positively impact your health. Encourage yourself and your co-workers to commit to your heart's health. After all, you only have one heart to protect!

State Health Plan members can visit the Plan's [website](#) to learn more about the health and wellness resources included in your benefits such as the Personal Health Portal.

Wellness Champions Webinar Scheduled!

The Wellness Champions Worksite Wellness Program is currently under construction. The re-launch of the Wellness Champions program will provide resources, engagement and idea-sharing opportunities for employing units.

We've created a new [webpage](#) to house a variety of activity ideas to use remotely or in the office setting. We need your help and participation! Please join us for a short webinar on March 25 from 10 to 10:20 a.m. for a brief overview. Click [here](#) to register.



**Roasted
Salmon Caprese**

**Pilates:
A Gentle Workout**

[Get the Recipe! >](#)

[Click for the Tips! >](#)

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Questions?

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