Your February wellness email

Subject line: Matters of the Heart

Hello,

Did you know that today your heart will beat approximately 115,200 times? Often we don’t think about our hearts because they are working diligently to pump blood to our muscles and vital organs without being the focus of our attention.

This month, at [INSERT AGENCY NAME] we are focusing on our hearts and steps we can take to improve our heart health. To raise awareness for heart health we are encouraging all employees to we are red Friday, 7th. We will be taking a group photo [INSERT TIME AND PLACE HERE].

Learn more about how you can take care of your heart through the [American Heart Association’s healthy lifestyle recommendations.](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations)

Remember you have access to wellness benefits to help you prevent heart disease and manage your health through your health plan. Learn more through [the ERS wellness webpage](http://www.ers.texas.gov/wellness).

Sincerely,

Your wellness coordinator