February Copy/Paste Email for wellness coordinators

Subject: Wear Red, Annual Exams & Get Fit Texas!

Dear [Insert your agency or Higher Education Institution] employees,

February is American Heart month, a time for us to focus on our heart health.

To raise awareness around this essential aspect of our health, we encourage all employees to wear red on Friday, February 4th, National Wear Red Day. Take photos of your creative red attire personally or in teams (in person, or through virtual meetings) and share them with wellness@ers.texas.gov [or use your own email address]

Many factors influence our heart health including our physical activity levels, nutrition, and stress levels. Our annual preventive visit is a great way to check-in and learn more about what is going on -- on the inside – and how to achieve our best health! If offered: Remember that you can earn 8 hours of wellness leave for completing your annual preventive exam and your online health assessment.

 {CAPITOL COMPLEX AGENCIES CAN LEAVE THIS SECTION…OTHERS REMOVE IT] If you have coverage through a HealthSelect health plan and have not had an annual preventive check-up in the past year, you can sign up for an **on-site preventive check-up** at the REJ Conference Center during the week of February 14-18. Annual preventive exams are covered at 100%, meaning there is no cost to you. Learn more and sign up at this [link](https://www.timeconfirm.com/HealthSelect/CapitolComplex).

To learn more about heart health or about your wellness benefits, register for any of the ERS- hosted webinars this month. Learn more and register through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events).

Optional reminder if your group is participating: Keep logging your fitness time in through [www.getfittexas.org](http://www.getfittexas.org) Taking time for physical activity is one of the best things we can do for our mental, physical, and especially heart health!

Please let me know if you have any questions or concerns.

Sincerely,

Your wellness coordinator