February 2023 Copy/Paste Email for wellness coordinators

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

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

This month we are focused on our hearts! There are many ways to take care of your heart. We hope you will learn more and participate in this month’s wellness offerings:

* Friday, February 3rd is **Wear Red Day**! Wear red and take photos with your team (in-person or virtually). Email your pics to [insert your email address and add any incentives you may be able to offer]
* Thursday, February 16th attend a webinar American Heart Association’s Chief Medical Officer, Dr. Eduardo Sanchez to learn about [Life’s Essential 8!](https://attendee.gotowebinar.com/register/7738166451646091608)
* Get your annual preventive check-up **with your PCP**! [Earn 8 hours of leave for completing your annual exam and the online Health Assessment. Assess instructions and forms here. [Insert your agency’s incentive info if applicable]
* [AUSTIN AREA AGENCIES CAN LEAVE THIS SECTION…OTHERS REMOVE IT] Get your annual preventive check-up while you are at work! HealthSelect participants near the Capitol Complex can schedule their annual exam for February 22nd, 23rd or 24th at the Clements Building, 300 W 15th St. Learn more and sign up through the [online scheduler.](https://virtualcheckup.com/h/HealthSelect/CapitolComplex)
* Learn more and register for wellness events through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events).
* [If your group is participating, leave this… others remove it] Keep logging your fitness time in through [www.getfittexas.org](http://www.getfittexas.org)
* Attend a [Virtual Fitness Class](http://www.wellness.texas.gov/Challenge.htm)! Classes are offered at 9 a.m. and noon CST. Win door prizes, connect with state employees, have fun and get fit!

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

Sincerely,

Your wellness coordinator