

By Lacy Wolff, ERS Health Promotion Administrator

A healthy heart is central to your overall health. Kick off Heart Health month by learning ways to improve your heart health and taking action.

Here are a few:



On February 16th from 10-11 a.m., learn about America Heart Association's Life's Essential 8 in a webinar featuring AMA's Chief Medical Officer for Prevention, [Dr. Eduardo Sanchez, MD, MPH, FAAFP](#). Fun fact: Dr. Sanchez was the State of Texas Health Commissioner from 2001-2006. [Register to attend](#).



Calling all Capitol Complex employees! February 22-24, Catapult Health will be at the Robert P. Clements Building providing no-cost annual Preventive Exams for those enrolled in HealthSelect (BCBSTX) health plans. These convenient, no-cost exams are ideal if you have not had a preventive exam in the past 12 months and do not have an established relationship with your PCP. Exams take less than 30 minutes and measure blood pressure, cholesterol, triglycerides, blood sugar and more. [Book your appointment](#) and learn more.



Hustle for your heart with other state employees who make up our Virtual Fitness Community! Move from your home or office in the following class formats: Zumba, Yoga, Core Stretch & Flex, Fitness Fusion, and Strength Training. BCBSTX has donated a door prize for every live class in February to the first person to correctly answer a trivia question! Learn more and join the fun through the [Virtual Fitness Calendar](#).