

# February 2024 Copy/Paste Email

Subject: Heart Health & Get Fit Texas!

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

This month we are focused on our most vital organ, our hearts! There are lots of opportunities to support you and your heart health:

- Thursday, February 22<sup>nd</sup> from 10-11 a.m. CT, attend the [Healthy Heart, Healthy You! Webinar](#)
- Get your annual preventive check-up -- either through your PCP or **at home with the \*NEW\* Catapult Health Preventive Checkup®** if you are a HealthSelect plan participant. [If applicable add: Earn 8 hours of leave for completing your annual exam and the online Health Assessment.]
- Take your [online Health Assessment](#) to earn 2500 Blue Points that you can spend on items in an online store.
- Join the [HealthSelect Fitness Program for discounted memberships to gyms and online workouts](#). Waive the \$19 enrollment fee using the code GETFIT2024 between Feb 1-March 30, 2024.
- [If your group is participating, leave this... others remove it] Keep logging your fitness time in through [www.getfittexas.org](http://www.getfittexas.org). If you haven't joined, it's not too late!
- Break up your day with a FREE [Virtual Fitness Class](#). Zumba, yoga, strength training, and more! Classes are led by state employees from various agencies. Join the community, have fun and get fit!

I hope your 2024 is off to a great start! Please contact me with questions or concerns.

Sincerely,

Your wellness coordinator