



Consider speaking to matters of the heart

It's February, after all. For many, it's a month synonymous with love. And it just so happens to be American Heart Month.

So take this time to talk to your employees about heart health.

Blood pressure, cholesterol and weight all play a role in how well the heart functions. Keeping those numbers under control is key to helping prevent heart disease.

For steps employees can take to manage blood pressure, share our hypertension and cholesterol [e-card](#) and flyer in [English](#) and [Spanish](#).

For ways to get to and stay at a healthy weight, share our weight management [e-card](#) and flyer in [English](#) and [Spanish](#).

Want more resources that will benefit your employees?

These other Aetna resources and programs can also help you promote the health and well-being of your employees all year long:

- [Wellness library](#)
- [2017 health and wellness observances calendar](#)

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