



Health Topic Emails

WOMEN'S HEALTH

How to use this email:

Copy and paste this content into an email to support your female employees and renew their focus on health. Share these resources to help keep women's health top of mind.

Subject Line

Keep women's health top of mind

Headline

Health tips for women

Body

From preventive care and disease management to pregnancy and childbirth, women have unique health care needs at all ages. And now's a great time to renew your focus on health.

Here are some tips to help you take care of your health:

- **Know your body.** Women are at higher risk of developing certain conditions and diseases than men. Find out more about considerations for women's health.
- **Access pregnancy tips and resources.** From common symptoms and tests to newborn care, [get tips to help](#) you look after yourself and your new baby at every step of the way.
- **Keep your risk factors in check.** Most women between the ages of 40 and 60 have one or more risk factors for heart disease. Learn how [BMI and waist size](#) increase your health risks.

With evidence-based treatment and comprehensive care, Kaiser Permanente helps members live longer, healthier lives. Explore these resources to make sure and [take care of your health as you age](#).