



# Health Topic Emails

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## HEART HEALTH

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### How to use this email:

**Copy and paste this content into an email to encourage your employees to eat healthy, exercise, watch their cholesterol, manage stress, and maintain a healthy weight to help prevent heart disease and help them keep heart health top of mind with these helpful tips and resources.**

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### Subject Line

Tools to keep your heart healthy

### Headline

**Don't skip a beat with your heart health**

### Body

There's no better time to make heart-healthy changes, even though it can be challenging at first. Use these tips to learn what you can do to keep your heart healthy and encourage your loved ones to do the same.

But where do you start? Here are some wellness resources your heart will love:

- **Try to eat healthy,** exercise, watch your cholesterol, manage stress, and maintain a healthy weight to stay [heart-healthy](#).
- **Prevent and identify common heart conditions,** learn about treatment, and get tips on how to find health problems early. [Use this helpful tool](#) to find recommended screenings based on your health history.<sup>1</sup>
- **Get the most out of treatment and recovery** if you or a loved one has a heart condition. Learn how to [prepare for each appointment](#) with your doctor.

Kaiser Permanente helps members live longer, healthier lives. Keep your heart health top of mind and [check out helpful resources](#) today.

### Footnotes

<sup>1</sup>The online screening tool and chart above are for educational use only. They're not intended or designed as substitutes for the reasonable exercise of independent clinical judgment by practitioners, considering each patient's needs on an individual basis. Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.