



Promoting Heart Health in the Workplace

Heart disease is the number one killer in Louisiana. Promoting heart health self-assessment tools can encourage your employees to take control of their health. It can also help them feel more comfortable discussing their risk for certain conditions with a healthcare provider.

You can promote heart health self-assessment tools on your company intranet, via email, or on social media with the language below.

- High blood pressure is when the force of the blood flowing through your vessels is consistently too high. It can be caused by a number of factors, including: being overweight or obese, aging, a high sodium diet, excessive alcohol intake, a sedentary lifestyle, smoking, family history, and more. Are you at risk for high blood pressure? [Click here](#) to take the risk test. Be sure to talk with your health care provider about the results!
- If left untreated, high blood pressure can lead to heart attacks, heart failure, stroke, kidney disease, vision loss, microvascular disease, and peripheral artery disease. Do you have high blood pressure? [Click here](#) to take the risk test. Be sure to talk with your health care provider about the results!
- Did you know? Eating a healthy diet and getting adequate exercise can help lower your risk of high blood pressure and heart disease. [Click here](#) to take the heart health test and learn more about associated risk factors. Be sure to talk with your health care provider about the results!
- What's your heart's age? Calculate it [here](#)! You can keep your heart young by getting at least 150 minutes of moderate to intense physical activity per week.
- Smoking increases your risk of high blood pressure. If you smoke, you are at higher risk for a heart attack, stroke, heart failure, or heart disease. [Click here](#) to take the heart health test. Quitting smoking is hard, but 1-800-QUIT-NOW can help. [Click here](#) to learn more.
- (Insert graphic) Don't be a statistic. How's your heart's health? [Click here](#) to take the heart health test now! Be sure to talk with your health care provider about the results.



Heart Health Self-Assessment Tool Links:

- [My Life Check by American Heart Association](#)
- [Heart Age Predictor Using BMI by CDC](#)