# **Wellbeing Champion Newsletter**

## February 2024



## **Health Risk Screening**

February is Heart Health Month. Cardiovascular disease and heart disease continue to rise, and it's important to learn how to reduce our risk. Ways to reduce our risk include increasing our physical activity, having a balanced diet, stopping smoking, reducing alcohol and having annual health risk assessments with a healthcare provider. To help you find a doctor or dentist in Canada click here.

#### **Wellness Calendar of Events**

Add to your calendar by visiting purolatorhealth.com. Drop in virtually or watch the recording later.



February 7, 12-1pm ET
Wellness Wednesday: Mind
Your Money Part 2:
Psychology of Spending



Feb 13, 2-2:20 pm ET

Take A Break Tuesday:
Introduction to Self-Care



February 20, 2-2:20 pm ET Bet You Didn't Know: All About Your E.F.A.P



February 21, 12-1:00 pm ET Wellness Wednesday: Enhancing couple relationships



Tuesday Feb 27, 12-1pm ET
Ask Your CMD:
Health Screening: Knowing
Your Numbers & Risk
Awareness

#### **Wellness Moment**

Heart Disease is the leading cause of death for women worldwide. Women have unique signs and symptoms, and the classic symptoms are not always as obvious in women. Be familiar with these symptoms and seek help immediately to prevent damage to the heart.

# **Employee and Family Assistance Program (EFAP)**

EFAP provides free, confidential support 24/7 including virtual or telephone conversations with a counsellor or use the CareNow program, specialized self-help resources to choose own wellbeing journey. You can also speak directly with a LIVE coach including personal trainers and nutrition coaches.

Visit <u>one.telushealth.com</u> or call 24/7 at 1-844-880-9137 or scan the QR code.

# WorkPerks workperks ///Purolator

Make someone smile this month and show appreciation with discounts on floral arrangements from Teleflora, 1800flowers.ca and many others, including florists local to you.



Visit <u>purolator.venngo.com/login</u>
Use your employee ID as your Username





