

Health Matters

Assistance Programme

Employee Support Bulletin February 2013



February is National Heart Month



This month is the British Heart Foundation's annual awareness and fundraising campaign, **National Heart Month**. Heart and circulatory disease is still the main cause of death in the UK but there's plenty we can all do to keep our hearts healthy. Some helpful tips to help you look after your heart include:

- ♥ Get a risk assessment. If you're over 40, you're entitled to an NHS health check to assess your risk of heart disease and stroke.
- ♥ Stop smoking and watch your alcohol intake.
- ♥ Take regular exercise and eat a healthy, heart-friendly diet.
- ♥ Build stress resilience and strive for a good work-life balance.
- ♥ Encourage children to be heart healthy from an early age.

Your Employee Assistance Programme (EAP) can also provide free, confidential and independent support on this topic, as well as assistance on any of the work, personal and family challenges that life may bring.

Please visit: <http://www.hmap-hub.co.uk>

If you have forgotten your access username & password, please contact your Human Resources (HR) Department or appropriate office for details.

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk