



Health Matters Assistance Programme



Healthy Heart

Did you know that February is the British Heart Foundation's national heart month? The BHF's annual campaign to increase awareness of heart and circulatory disease. Indeed February 2010 sees the launch of BEAT, the first ever national heart health code and lifestyle check...

Be Active
Eat Healthily
Avoid Smoking
Take the Lifestyle Check

To discover more about BEAT please visit the BHF's main website at:

www.bhf.org.uk

The Health Matters Assistance Programme can also help you to a healthier heart. The HMAP support website provides information on how the heart works and how to reduce the risk of both heart disease and high blood pressure, which is important for improving both life expectancy and quality of life in later years.

www.hmap-online.co.uk

Via the HMAP support website, you can also download our Five Step Programme (PDF) as well as a variety of other useful factsheets.

Remember, the Health Matters Assistance Programme is here to help, and can provide advice on a wide range of work, family and personal issues. The service is available around-the-clock and is completely confidential!

support when you need it
freephone: 0800 083 7545

Just some of the issues covered...

Stress & Anxiety

Bullying & Harassment

Performance at Work

Work-life Balance

Managing Pressure

Debt Counselling

Financial Matters

Legal Matters

Family Life & Relationships

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents