

Preheader Taking workplace wellness to heart



Employee satisfaction and retention are driven by a culture of genuine care. Encourage your employees to take care of their heart through these simple examples.

How to spread the love to your employees

- Plan physical wellness challenges or meet weekly for a "walking meeting."
- Cater in often? Make one organized lunch heart healthy.
- Provide one stress-free fun employee engagement activity each month.
- Reach out to Employer Solutions to provide on-site comprehensive physicals or biometric screenings.



Here's what to know about 'aging bursts' and cardiovascular health.

We know how important productivity is for our business partners, so we have designed a comprehensive physical that brings the yearly exam directly to the employer.

For more information on how **Novant Health Employer Solutions** can support your company, call us at **336-277-3431** or send us an email at **EmployerSolutions@NovantHealth.org**.



Please call 336-277-3431
or visit this page for
assistance.

To provide you the most remarkable care possible, we ask that you do not reply directly to this email.

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