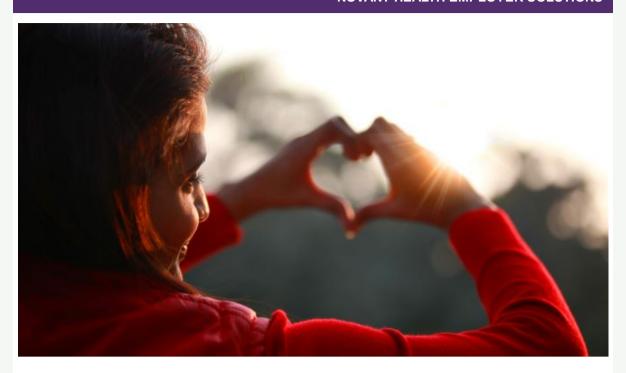
Subject



NOVANT HEALTH EMPLOYER SOLUTIONS



### **Leading with 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.

Read more on heart health

#### 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.



# As we age, focusing on heart health is key. Here's why.

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

Learn more



## Employer Solutions brings the yearly physical to the workplace.

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.

Read more

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



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### **CONTACT US**

Please call <u>336-277-3431</u> or visit <u>this page</u> for assistance.

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