

Leadership Tips

How to support heart health in the workplace



Managers play a key role in shaping a culture of wellness. Here are five impactful ways to support heart health in your workplace:

Encourage movement

Promote walking meetings, stretch breaks, or step challenges. Even short bursts of activity throughout the day can improve cardiovascular health and boost energy!

Foster a low-stress environment

Stress is a major contributor to heart disease. Create space for open communication, recognize achievements, and encourage asking for help when needed.

Share heart-healthy tips

Use team channels or meetings to share simple tips — like staying hydrated, eating balanced meals, and getting regular checkups. A little awareness goes a long way.

Lead by example

Model healthy habits by taking breaks, using your First Stop Health benefit, and prioritizing your own heart health. Your actions set the tone for your team.

Connect team members to care

Remind your team that First Stop Health offers convenient, 24/7 virtual healthcare. No long waits, no piles of paperwork. Just compassionate care.