



## FEBRUARY IS HEART HEALTH MONTH

Use your heart-healthy  
resources to love your  
body and mind

February is Heart Health Month and a great time to show your heart some love. We have plenty of resources through Castlight to put yourself on a healthier path.



### How healthy is your heart?

A free, confidential Quest Health Screening can give you a picture of your health, including risk factors for heart disease or diabetes. Make an appointment through your **Castlight** account.



### Show your friends some love

Of course, the road to wellness is more fun with a companion. **Walk With Friends**, our social steps challenge in Castlight, starts Feb. 1. The more social you are by walking with your friends, coworkers and



### Show yourself some love

Your heart health isn't just physical; your emotional well-being and stress also impacts your heart health. With everything else going on in your life, we know there are times when you might need help. Spring Health offers free, confidential services with a

pets, the quicker your journey through the levels of the challenge to get to the end. Earn 250 Castlight points when you register – and snag a chance to win an Amazon gift card after the challenge. [Learn more today!](#)

diverse network of therapies and resources to help you find balance.

Learn more or create an account through [Castlight](#) or at [Abbott.SpringHealth.com](#) to get started.



### Even more resources to love

You can find a list of well-being webinars in February, including:

- *Eating Better for a Healthier Heart*
- *Establishing & Maintaining Healthy Relationships*
- *Emotional Intelligence for Managers*
- *And Starting Over After a Loss.*

Want to learn more? [Click here.](#)