

[Employers](#)

[Plans & Products](#)

[Enrollment](#)

[Health & Wellness](#)

[Tools & Resources](#)

Dear Employer:

Heart-healthy eating is one of the best ways to prevent heart disease. Your employees need to be aware of how to eat better for a healthy heart.

We're providing four articles, a calendar, and a poster about many aspects of heart disease and nutrition. Consider sharing these with your employees during February. It's another way you can show your company's commitment to your employees' health.



[February wellness calendar](#)



[February wellness poster](#)



[Five things you can do to prevent a stroke](#)



[Women, care for your heart](#)



[Get the whole story on heart-healthy foods](#)



[February's the month for cupids, flowers, chocolates, and ... blood pressure checks](#)

 Español

[Click here for the same materials in Spanish](#)

You can distribute these materials to your employees through:

- E-mail
- Website listing
- Meeting handouts
- Bulletin boards

Please do not reply to this e-mail.

Humana strives to ensure your privacy and confidentiality. To learn more about how Humana protects your confidentiality, please see our complete [Internet Privacy Statement](#) and our [Privacy Practice Statement](#).

For questions and concerns regarding your Wellness Plan, send us an email at wellnessreplymail@humana.com. If you wish to unsubscribe from this email, please contact your Benefits Coordinator. If you do not want us to contact you by e-mail, you may [unsubscribe](#) from our online community.

For more information about Humana coverage, or the company providing these benefits, please visit our Website at www.humana.com. Humana Plans are offered by the Humana Family of Insurance and Health Plan companies.

GCA03S7HH 02/09

Humana, 500 West Main Street, Louisville, Kentucky 40202