

Understanding Your Heart Health: Risks, Prevention, and Care



2026 Understanding Your Wellbeing Webinar Series

February is American Heart Month. Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

At Univera Healthcare, we care about the health and wellbeing of our members. Join us for our upcoming session in the monthly wellbeing series: **"Understanding Your Heart Health: Risks, Prevention, and Care"**. This engaging webinar, hosted by Univera Healthcare Case Manager and RN, Ashley Richards, will cover the following:

- What heart disease is and how it's diagnosed
- Understanding risk factors, common conditions and prevention strategies
- Heart attack warning signs
- Lifestyle tips for improving heart health
- Insights on related topics such as diabetes, sleep apnea and the impact of smoking
- Additional benefits and resources offered through the health plan to support your health and wellbeing*



We are **[right here. For you.]**

Webinar date: Thursday, February 19

Webinar time: Noon-12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

We hope you can join us to learn more about ways to support your heart health.



**Right here.
For you.**

*Availability of benefits and coverage varies by contract

21965-25WW
A11yCRG-123025