

READ ME FIRST – February 2026 Wellbeing Tip from Univera Healthcare

Here are some ways you can support your employees:

- Share the included flyers with employees.
- Encourage employees to register for the upcoming [Understanding Your Heart Health: Risks, Prevention, and Care](#) (promotional flyer included in resources folder)
 - Looking to access a previous Understanding Your Wellbeing webinar? They are available on-demand on our Univera Healthcare YouTube Page: [Wellbeing Webinar Series - YouTube](#)
- Encourage your employees to participate in National Wear Red Day on Friday, February 6. [Wear Red Day 2026 | February 6, 2026 | Awareness Days](#)
- Download and share our cardiology toolkit: [Understanding what it means to be Heart Healthy - Univera For Business](#)
- Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)
- Use the **Heart Health Quiz** as a fun way to engage employees on the topic. The questions (and answers) are included with the resources, or share this link: <https://www.surveymonkey.com/r/HJR7VWX>

Here are some additional resources to explore:

- American Heart Association, [Heart attack symptoms: women vs. men](#)
- American Heart Association, [The slowly evolving truth about heart disease and women | American Heart Association](#)
- American Heart Association, [Facts | Go Red for Women](#)
- American Heart Association, [Understand Your Risks to Prevent a Heart Attack | American Heart Association](#)