



Bridging the Gap: Health Equity and Women's Wellness at Work

During a meaningful conversation, hosted by the American Heart Association, panelists and attendees took a close look at women's health in the workforce. The meeting, held during Scientific Sessions, allowed participants to deeply engage in the importance of promoting and advocating for equitable health for women at work. They shared insights, ideas and actionable steps employers can take, such as:

- **Navigating Health Care Conversations:** Attendees emphasized the importance of simplifying benefits language and organizing resources effectively. Methods such as utilizing Employee Assistance Programs (EAPs) and promoting health literacy were identified as potential avenues to make those conversations more effective.
- **Challenges for Women:** Key challenges such as mental health, chronic stress and compassion fatigue affect women and their overall well-being. Attendees addressed the importance of focusing on reproductive rights, musculoskeletal conditions, heart disease and dementia. Building strong internal relationships and understanding leadership vision were deemed essential for providing excellent service and support.

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'Tis The Season

So much to do, so little time - especially for working parents.

Did you know? According to the U.S. Surgeon General, 2 in 3 parents feel burned out.



Less Stress, More Cheer: Tips for a Calmer Holiday Season

While the holiday season is typically associated with joy and celebration, it can also trigger anxiety and stress. Endless to-do lists, social obligations, travel and financial strain. Not to mention the need to wrap up work tasks before holiday break.

Well-being Works Better™ wants to help you and your employees navigate the holiday season with greater ease and productivity by offering these useful tips. Take a deep breath and share them today.

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Step It Up: Be More Active During Your Work Day

During the holidays, finding time to prioritize your health can feel like an impossible task. Help your employees take small actions to make a significant impact on their health during this busy season. Encourage your team to take advantage of opportunities to add movement throughout the day.

- Organize a virtual walking club at work
- Encourage employees to take an informal meeting on a walk
- Explore options for standing desks, treadmill desks, or desk risers
- Lead by example and schedule time for exercise on your calendar

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