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American Heart Association.
Well-being Works Better™

May 2025 Newsletter

Create a Resilient Workforce With a Focus on Mental Health

More than half of non-manager employees reported that their company does not talk openly about mental health.

In observance of Mental Health Awareness Month, we encourage you to be a champion at your office. Let's equip our workforce with the tools and resources to help them handle challenging situations.

Start the conversation with your leadership team by using this month's new toolkit, **The Silent Need: Belonging & Mental Health in the Workplace**. It contains insightful information about the importance of recognizing and addressing burnout and tips for re-engaging employees both remote and inside the office.

EXPLORE TOOLKIT

Eye-opening Insights

Every 40 seconds, someone in the U.S. suffers a stroke, making it one of the leading causes of death and disability worldwide.
American Heart Association

After a first stroke, **about 1 in 4 people** will likely have a second stroke.
American Stroke Association

Know the Signs: Fast Stroke Response Can Save Lives

American Stroke Month is a great opportunity to educate your workforce about stroke. Everyone should know that acting fast can make a big difference in the outcome.

When a stroke occurs, blood flow to the brain is blocked and millions of brain cells begin to die. These brain cells are responsible for movement, speech and thinking. **Every minute that passes increases the risk of permanent damage to the brain, or even death.**

Help your employees recognize stroke symptoms by sharing this important and easy-to-remember acronym:

F **Face drooping.** Ask the person to smile. Is their smile lopsided?

A **Arm weakness.** Ask them to raise both arms. Does one arm drift downward?

S **Speech difficulty.** Ask them to repeat a simple sentence. Is speech slurred or are they unable to speak?

T **Time to call 911.** If the person is having any of the symptoms above, call 911 and be sure to mention the possibility of a stroke

Spread the word for a healthier, more knowledgeable workforce using our F.A.S.T toolkit.

OPEN TOOLKIT

Did you know...

47% An estimated 122.4 million or **47% of U.S. adults** have hypertension.
American Heart Association

May May is also High Blood Pressure Education Month and Hypertension Awareness Month.

Sound the Alarm About America's Silent Killer

Nearly half of all U.S. adults have high blood pressure — yet many don't know it. Symptoms may not be noticeable, but the consequences can be devastating if left unchecked. Over time, this damage can lead to serious complications such as heart disease, stroke and kidney failure.

National High Blood Pressure Education Month is an opportunity to encourage employees to get their blood pressure checked regularly. Here are some ways your company can help create awareness:

- **Host a blood pressure screening** clinic at your office
- **Invite experts from the community** — or even employees — to give presentations or host webinars on the topic
- **Encourage employees to monitor their blood pressure at home** — Perhaps team up with a local pharmacy for discounts on home blood pressure monitors
- **Distribute educational materials** — Share science-based articles, videos and other materials about blood pressure risks and management

Share this resource with your employees.

GET STARTED

Share Your Story

Has your workforce experienced the impact of Well-being Works Better solutions? We'd love to hear how they've supported your company.

SHARE NOW

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