



We See You. We Hear You. We Are Here for You.

As part of **American Heart Month**, we encourage our members to examine their health habits, explore risk factors, and take steps to improve their heart health. Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and lower their risk of heart attacks or other cardiovascular diseases.

Top Tips to Support Heart Health

- Eat a Heart-Healthy Diet
- Stay Physically Active
- Maintain a Healthy Weight
- Manage Blood Pressure & Cholesterol
- Don't Smoke & Limit Alcohol
- Manage Stress
- Stay Connected & Supported
- Know Your Risk Factors

Heart Health Resources

- [Heart Attack 101](#)
- [Your Guide to a Healthy Heart](#)
- [Women and Heart Disease](#)
- [Men and Heart Disease](#)
- [Prevent Heart Disease](#)
- [Your Guide to Lowering Blood Pressure](#)
- [Find Heart-Check Certified Foods in the Grocery Store](#)

How Can National EAP Help?

- ▶ **Member Portal Disability Resources:**
Explore a rich library of articles, webinars, and tools.



- ▶ **Wysa: Mental Resilience App**
Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **Work-Life Resources:**
From caregiving-related legal and financial guidance to help navigating elder care, child care, or chronic illness support, our resource network is available 24/7.



Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

****Your company name is your username and password**

 **800-624-2593**  **www.nationaleap.com**
 **info@nationaleap.com**