

Choose Well. Live Well.



February Focus

Did you know?

This month is **American Heart Health Month**. Your heart health is central to overall good health. Both your physical health and mental health play a key role in keeping your heart healthy. To maintain a healthy heart, it is important to schedule [preventative screenings](#) and understand [lifestyle changes, like sleep](#), that can help decrease your risk for heart disease.

What are some lifestyle changes that can help you build a healthier heart?

- **Physical Activity** - Exercise has long-term cardiovascular benefits. These include decreased resting heart rate, improved ability to draw in deeper breaths, reduced resting blood pressure, increased calories burned to aid weight loss, and reduced risk of heart disease.
- **Eating Right** - What we eat plays a huge factor in our overall well-being and heart health. By setting up [healthy eating habits](#) and staying consistent with them we can reduce our risk for heart disease.
- **Mental Wellbeing** – [Mindfulness and meditation](#) can have a positive effect on your heart health. Meditation can help focus our breathing and lower our heart rate in stressful situations. In the longer term, mindfulness provides an awareness of how we react to situations and gives us a sense of perspective so that we can better cope with stress, thus putting less stress on our heart.

Virgin Pulse, Micron Wellbeing Portal

A positive mindset can help your heart health. In February, make use of the Virgin Pulse app to **Celebrate Yourself** as a Healthy Habit, and practice positive self-talk. [Virgin Pulse](#) has **released a new media library** with videos ranging from exercise, mindfulness, and more. [Check out the](#) new library now and see the new homepage experience by logging into your Virgin Pulse account (alias [Virgin Pulse/](#)) on the desktop or app or [sign up now!](#)

Get Support through Your Team Member Advocate

The **Team Member Advocate (TMA) team** is available in many regions to provide you with independent support, information, guidance, and resources (alias [advocate/](#)). Want to learn more? Listen to this [great session led by local Team Member Advocate](#) on how Micron supports your mental health..

Rethink, Your Mindfulness Tool

When it comes to your heart health, mental wellbeing is just as important as your physical wellbeing. [Rethink/](#) can help keep your mental wellbeing up when you are feeling overwhelmed or stressed out. This course on [resilience](#) can be a wonderful way to remain calm and keep your stress levels under control . Go to alias [Rethink/](#) to learn how to [join for free](#) through your Virgin Pulse account and download the RethinkCare app.

Get Support through Your EAP, Guidance Resources

Your EAP, Guidance Resources holds many resources such as this [heart health tool kit](#) that can help you reach your wellbeing goals. They also offer [Work-life Balance Coaching sessions](#) you can schedule at your convenience, any time, to help control those life stressors you may be experiencing and help reduce your overall risk [of heart disease](#). Learn more at alias EAP/ or call 844.470.5745 to get started!

Upcoming Global Wellbeing Events

- [February 15th, 10:00-11:00 am MT](#) – Webinar on Coping During Uncertain Times
- [February 16th, 10:00-10:45 am MT](#) – **Wellbeing Bytes Workshop**: Healthy Sleep through Movement and Eating Right
- [February 16th, 10:00-11:00 am MT](#) – RethinkCare Webinar on **Creating a Culture of Inclusivity**
- [February 21, 10:00-11:00 am MT](#) – Learn more about all the great benefits **Bright Horizons** has to offer.
- [February 22nd, 12:00-1:00 pm MT](#) – Boise Crossover Health Clinic provider leads a Do Your Heart a Favor and Get Good Sleep Webinar

Be Well!