HEART HEALTH EDUCATION – CONTROLLING HIGH BLOOD PRESSURE (HYPERTENSION)

fitFHCP
Healthy Starts Here ®

An estimated
103 MILLION
American adults have high blood pressure

www.heart.org

FHCP offers a **variety** of free health, wellness and fitness programs.

Healthier employees are less likely to call in sick. Employees with multiple heart disease and stroke risk factors such as high blood pressure and high cholesterol cost employers more in terms of medical care, absenteeism, and lost productivity than employees with one or none of these risk factors.

USE OUR EXPERTISE TO HELP YOUR EMPLOYEES

There is no single approach to managing heart health. FHCP believes and utilizes an interdisciplinary, multifaceted approach when working with our members. Let our professionals show your employees how to incorporate healthy eating, physical activity, problem-solving, stress-reduction and coping skills in their daily life. Members learn more about making everyday lifestyle habit changes and decide for themselves which ones need the most attention.

HEALTHY HEART NUTRITION PROGRAM

fitFHCP also offers a free, two-hour hypertension self-management class taught by our staff of Registered Dietitians. This class focuses on the DASH (Dietary Approaches to Stop Hypertension) diet and low sodium education.

ON-SITE WELLNESS WORKSHOPS INCLUDE:

- On-site blood pressure clinics
- "Reading Between the Lines" (Food Labels)
- "How to Pack a Healthy Lunch"
- Food Trends
- "Fats: The Good the Bad and the Ugly"
- "DASHing to Food Strategies: Reducing Blood Pressure" (Hypertension)

fitFHCP ®

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Florida Health Care Plans

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