

HEART HEALTH MONTH



Health PEI
EMPLOYEE WELLNESS TEAM

The Employee Health Nursing Team will be visiting various Health PEI sites during the month of February to promote heart health. As well, Employee Health Nurses will be available for blood pressure checks, during the month of February.

If you have your blood pressure checked anywhere in the month of February, Submit your name to have a chance to win various prizes. Ways to enter:

- fill in the survey monkey link (<https://www.surveymonkey.com/r/G7R87HW>)
- email the wellness team email (hpeiemployeewellness@ihis.org)
- visit your employee health nurse to have them submit it for you

For more information, please contact:
hpeiemployeewellness@ihis.org

WHY IS KNOWING YOUR BLOOD PRESSURE IMPORTANT?

Early detection of high blood pressure is very important. Often referred to as the "silent killer" **because it may show no symptoms**, high blood pressure puts you at an increased risk for heart disease, heart failure, and stroke, among other things.

Disclaimer: Any health related information provided is for informational purposes only.
Information should be shared and used to collaborate with your Physician or other healthcare provider.

Health PEI
healthpei.ca