

STATE OF WISCONSIN
WELLNESS NEWS

February 2025

**February is American Heart Month:
Take Action for Heart Health**

Heart disease remains the leading cause of death in the United States, affecting millions of lives each year. Whether you're managing your risk factors—like high blood pressure, high cholesterol, or diabetes—or supporting a loved one, heart health impacts us all.

The good news? Small, everyday actions can make a big difference. From eating a heart-healthy diet to staying active and managing stress, there are countless ways to support cardiovascular well-being. Let's come together this February to raise awareness and take steps to protect our hearts.

Ready to make heart health a priority? Check out [Take Action for Your Heart: Get Started!](#), a resource from the National Heart, Lung, and Blood Institute. It's packed with practical tips and ideas tailored to help you and your loved ones build healthier habits and support heart health all year.

If you're enrolled in the State of Wisconsin Group Health Insurance program, you can work with a WebMD Health Coach. They can help you assess your health and create a personalized plan to achieve your well-being goals.

Prioritizing heart health through proactive steps and available resources can lead to stronger, healthier lives for everyone.



Scan to view [Take Action for Your Heart: Get Started!](#)



Well Wisconsin Events

FEBRUARY 2025

Celebrate American Heart Month with Well Wisconsin! This February, prioritize your well-being with engaging activities like our book club, a heart-healthy living workshop, a Well Wisconsin Radio interview on sleep, and restorative yoga classes. Visit the [Well Wisconsin Events page](#) for details and registration to make heart health and self-care a part of your month!

EAP Corner

Strengthening Communication and Relationships

Healthy communication is the foundation of strong relationships, at work and at home. Let the Employee Assistance Program (EAP) support you in building better connections. Whether you're navigating difficult conversations, managing conflict, or seeking ways to deepen your relationships, the EAP offers confidential counseling, practical tools, and resources to help you communicate more effectively. Take the first step toward stronger relationships—contact the EAP today!

[LEARN MORE ABOUT THE EAP](#)

Love Your Finances



Show your finances some love by creating a plan to support your financial well-being! Begin by understanding where your money is going—review your budget, track your spending, and pinpoint areas for improvement. Set financial goals that reflect your values, whether it's saving for a dream vacation, paying off debt, or building an emergency fund. Need help getting started? Visit the [ELEVATE Wisconsin website](#) for resources and guidance.

Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased content that does not try to sell products and services. Employees can access the FREE benefit 24 hours a day, seven days a week, and create an account by visiting the [ELEVATE Wisconsin website](#).

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners. Click each title for course details and registration.

DATE	TIME	EVENT	HOST
Ongoing	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
Ongoing	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
Ongoing	On-Demand	Group Fitness Classes	Well Wisconsin
Ongoing	On-Demand	EAP Recorded Webinars	Well Wisconsin
Every Tuesday	11:40am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Thursdays, Feb 6 – Mar 27	1:00pm – 2:00 pm	Workshop: Heart Healthy Living	Well Wisconsin
February 6	4:00pm	Onsite Event: WW Radio Sleep Interview	Well Wisconsin
February 12	12:30pm – 1:30pm	Increasing Mental Toughness	EAP
February 25	10:00am – 10:45am	Getting to Know your EAP	EAP
February 28	12:00pm – 12:45pm	Getting to Know your EAP – For Managers	EAP

Varies		March Well Wisconsin Events	Well Wisconsin
March 12	10:00am – 11:00 am	Mindfulness for Stress Relief	Enterprise Wellness
March 12	12:30pm – 1:30pm	How to Cultivate Compassion and Empathy in the Workplace	EAP
March 19	11:00am – 12:00pm	The Importance of the Family Bond	EAP

February Health Observances

AMD/LOW VISION AWARENESS MONTH

AMERICAN HEART MONTH

NATIONAL CHILDREN'S DENTAL MONTH

NATIONAL CANCER PREVENTION MONTH

WORLD CANCER DAY – FEBRUARY 4

NATIONAL WEAR RED DAY – FEBRUARY 7

RANDOM ACTS OF KINDNESS DAY – FEBRUARY 17

RARE DISEASE DAY - FEBRUARY 28