



HEART HEALTH Presentations

- ♥ 30 to 60 minute presentations (you pick)
- ♥ Perfect for staff meetings, Lunch & Learns, In-Service Day, etc.
- ♥ Presented by Amy Hertog, UnitedHealthcare Nurse Liaison

PRESENTATION TOPICS

1. **Healthy For Good™: Healthy Eating** - Get inspired to create lasting change in your health and in your life—one small step at a time. Learn how to eat smart and add color to your plate.
2. **Life's Simple 7®** - Find out the 7 risk factors that you can improve through lifestyle changes to achieve ideal heart health.
3. **Heart Disease and Stroke 101** - Discover the warning signs for a heart attack or stroke and what to do when faced with this emergency.
4. **Blood Pressure: The Silent Killer** - Get a blood pressure screening (optional) and learn about prevention, detection, and management of high blood pressure.

To schedule, contact Nurse Amy at (727) 464-5579
or email amy_hertog@uhc.com.

