



# HEALTHY HEART: EMPLOYER RESOURCES

**Claims for circulatory conditions are one of the top drivers of health plan costs.** Healthy behaviors like regular physical activity, a balanced diet, avoiding smoking, and managing stress can significantly help manage circulatory conditions. Adopting healthy habits reduces the risk of complications like heart attacks or strokes, ultimately enhancing your employee's overall well-being.

BeWell@Work offers your organization a variety of programs, tools, education and resources to help support the circulatory conditions of your employees.

To learn more about our circulatory programs and resources, speak with your BeWell@Work health and wellness consultant to see which options are best for your team.



## Did You Know?

The top 3 diagnoses within the circulatory conditions category include:

- 1 High blood pressure
- 2 Non-specific chest pain
- 3 Irregular heartbeat



## Nutritional Counseling Services

Working with a Registered Dietitian can help support, manage, and prevent circulatory conditions. Your employees can also use the [Find a Doctor](#) tool to find a Registered Dietitian near them.

- [Whole Health Nutrition](#)
- [The Edge Preventive Care](#)

## BENEFIT SPOTLIGHT

### Convenient and Confidential: Nutrition Counseling

Blue Cross VT members have benefits to nutritional counseling with an in-network Registered Dietitian or Nutritionist. This can be done via Amwell, telehealth, or in person.

[Click here](#) to view and download the Virtual nutrition counseling flyer or ask your BeWell@Work consultant for details.



## RAISE AWARENESS & EDUCATE

Promote nutrition and movement through our Be Well Vermont journeys and challenges.

### JOURNEYS

Employees can earn up to 500 points for completing a journey and 50 points per day for completing a step.

- **Move to Lower Blood Pressure** (17 days)  
Anyone can get high blood pressure, but the chance of developing it increases with age. While you can't control your age, you can make lifestyle changes to lower your risks. If your blood pressure is high, learn how physical activity can help you control it. Even if it's not high, take steps to prevent it from going up over time.
- **Live Healthy: Blood Pressure** (17 Days)  
Let's take the mystery out of blood pressure. If you have high blood pressure (also called hypertension) or are at risk, this is the place for you. Lowering your blood pressure is possible. All it takes is finding the right nutrition, activity and stressless strategies that work best for you.

### STAGED CHALLENGE

Points vary depending on type of challenge. Please ask your consultant for more details and access to the Challenge Lookbook to see all options.

- **Move & Nourish – A 5k Training Program for Heart Health** (8 weeks; includes 5 stages with heart health content and 5k training programs for walkers, beginner runners and intermediate/advanced runners.)  
This 5k training program is designed to guide you through the exciting challenge of walking or running a 5k, while also empowering you with the knowledge of heart-healthy nutrition. Whether you're a beginner or looking to improve your fitness, this program is perfect for anyone eager to boost their cardiovascular health.



Scan to download the Be Well Vermont app by Personify Health.

### WORKSHOPS & TRAININGS

- **Host a Wellness Screening Event with The Edge Preventive Care**  
A wellness screening can be held on-site at your workplace, providing employees an opportunity to learn their health numbers and receive a full biometric panel and InBody scan. Employees will then meet with a Registered Dietitian to review their results and gain recommendations to improve their health.  
– Contact: [tbenedict@edgevt.com](mailto:tbenedict@edgevt.com)  
– Website: [edgevt.com/corporate-wellness](https://edgevt.com/corporate-wellness)
- **Lifestyle, Not a Diet Workshop with Blue Cross VT**  
With a focus on eating habits, this presentation invites you to explore how to form new habits and change current habits using the "habit loop." You will also have an opportunity to learn a mindfulness exercise to help you become more aware of what serves your personal sense of well-being.  
– Ask your health and wellness consultant for more information.
- **Food is Medicine Virtual Events with Launch My Health**  
Looking for a simple way to engage employees around cooking and nutrition? Launch LIVE! makes it easy. Each month, they host a dynamic virtual cooking class or expert-led nutrition webinar on a trending topic. They handle everything, from marketing and registration to follow-up and surveys, so you don't have to. It's wellness that works, with zero lift from your team. Purchase the year and promote each monthly webinar to your employees! See their [2026 Launch Live Calendar](#).  
– Contact: [brenda@launchmyhealth.com](mailto:brenda@launchmyhealth.com)

### LUNCH & LEARNS WITH LOCAL EXPERTS

- **Nutrition for the Heart with Whole Health Nutrition**  
Learn the fundamentals of heart healthy eating, top foods to promote cardiovascular health (as well as how to easily incorporate them into your day), and simple yet effective meal prep and planning tips. We also compare some common diets, cooking strategies, and budget-friendly tips. This class includes a tasting of heart-healthy superfoods and can be done virtually or in person.  
– Contact: [susie@wholehealthnutritionvt.com](mailto:susie@wholehealthnutritionvt.com)  
– Website: [wholehealthnutritionvt.com](https://wholehealthnutritionvt.com)
- **Quick, Healthy Meals and Snacks for the Busy Professional with Whole Health Nutrition**  
Learn the basics of a healthy anti-inflammatory diet while learning tricks for making quick snacks and meals for the busy weekday. We'll focus on meal planning and also discuss cooking tips for making nutrient-dense baked goods, savory casseroles and heart-healthy comfort favorites. This class includes a few food demonstrations with lots of tasting and recipes. All recipes and foods will be kid-friendly.  
– Contact: [susie@wholehealthnutritionvt.com](mailto:susie@wholehealthnutritionvt.com)  
– Website: [wholehealthnutritionvt.com](https://wholehealthnutritionvt.com)

## SUPPORT BEHAVIOR CHANGE

Promote healthy habit challenges through our Be Well Vermont online wellness platform or app.



### Healthy Habit Challenge Spotlight

Employees can create their own “In the Healthy Range” challenge where they are encouraged to do one thing each day that helps improve their blood pressure. Achieve this healthy habit 5 out of the 7 days to win the challenge and earn points!

Scan to download the Be Well Vermont app by Personify Health.



### Healthy Habits:

Employees can activate over 70 healthy habits to focus on:

- Eating healthy and getting active
- Blood pressure
- Heart health
- Cholesterol

## PROGRAMS AND CHALLENGES

Provide employees opportunities to make healthy lifestyle changes to reduce circulatory conditions. Speak with your BeWell@Work consultant about these and other programs and challenges.

### • Full Plate Living Program

Register for your free Full Plate Living program membership, offered by the non-profit Ardmore Institute of Health. The program will teach employees how to start eating a high-fiber diet — a delicious, scientifically proven approach that can lead to more energy, lower cholesterol, better blood sugar, and weight loss.

– Website: [fullplateliving.org](http://fullplateliving.org)

### • High Blood Pressure Workshop

Learn the basics of controlling your high blood pressure through eating healthier, becoming more active, and more! This free 8-week virtual or in person workshop, presented by My Healthy VT, is open to all Vermonters and caregivers.

– Website: [myhealthyvt.org/workshop\\_dates/?cat=22](http://myhealthyvt.org/workshop_dates/?cat=22)

### • Heart Healthy on a Budget Challenge

Launch a 30-day heart healthy challenge encouraging employees to complete activities on the Heart Healthy on a Budget calendar. Incentivize those that complete a certain number of activities over the course of the month.

### • A Mile a Day Challenge

A Mile a Day, presented by Come Alive Outside, is a walking challenge that encourages individuals and teams from different worksites to establish and track healthy walking habits. There has never been a more important time to get outside and spend time walking in nature. This program can help improve heart health and encourage employees to move more.

– Website: [comealiveoutside.com/mile-a-day](http://comealiveoutside.com/mile-a-day)

### • Local Motion Walk/Bike Committee Partnership

Encourage employees to walk or bike to work. Local Motion partners with and supports local walk/bike organizations across Vermont to help them set goals, plan projects, organize community support, and more. Bike rentals are also available through Local Motion.

– Website: [localmotion.org/local\\_walk\\_bike\\_committees](http://localmotion.org/local_walk_bike_committees)

### • 14-Day Nature Connection Challenge

Research suggests that spending just 20 minutes in nature each day can reduce stress levels. It also boosts mood, increases feelings of well-being and helps improve focus and mental clarity. This simple daily practice provides a way to reset, recharge and support overall physical and emotional health. The 14-Day Nature Connection Challenge, encourages your employees to step outside, explore and soak in the calming benefits of the natural world, helping them create moments of peace and joy in their daily life.

## SUSTAINING CHANGE

### Create policies that support circulatory health.

Employers can play an important role in supporting their employees' health by having policies in place that support circulatory conditions.

- Create healthy food guidelines for cafes and vending machines.
- Support break time policies by encouraging a culture where staff regularly take their lunch break.
- Create guidelines for flexible work schedules to allow for physical activity breaks.
- Offer flexible schedules for employees to meet with a Registered Dietitian on work time.

- Provide automatic blood pressure cuffs with instructions in a common area for employees to check their blood pressure regularly.
- For more resources visit the [Vermont Department of Health Worksite Wellness Website](#).