Get your employees ready for heart health month

February is national heart health month, so there's no better time to encourage your workforce to prioritize their heart health with regular screenings and simple lifestyle changes. The Adena Heart and Vascular Institute can help offering comprehensive care to help catch potential issues early.

Download heart health resources for employees

Protect your team from burnout with these tips

Workplace burnout can strike even the most dedicated employees. Psychiatrist Rebecca Ekstrand, DO, offers some simple strategies anyone can use to regain a sense of contentment and productivity and avoid burnout in the workplace.

Help your employees manage stress and maintain a healthy work-life balance.

Colon cancer prevention

Screen today, stay healthy tomorrow

Colorectal cancer is a leading cause of cancer in the U.S., but early detection can save lives and reduce health care costs. Encourage your employees 45 and older to get screened:

- Ages 45-49: First colonoscopy
- Ages 50+: Regular screenings every 10 years

Are you 45 or over?

AGE

45
Begin your regular screenings with a colonoscopy

50-75
People who are in good health should continue regular colorectal cancer screening through the age of 75

76-85
Screenings are based on personal preferences, life expectancy, overall health and prior screening history

85+
Screenings are no longer necessary

Schedule your colonoscopy today
740-779-4550

ADENA HEALTH

Learn more and schedule an appointment today

Hosting an event? Let us help take it to the next level

We offer a wide range of health services to make your event stand out, including:

- Blood pressure and cholesterol checks
- Mobile mammography
- Vaccinations (flu, COVID-19, etc.)
- Wellness workshops
- Other on-site health screenings

Whether you're hosting a health fair, conference, or other event, we'd love to help.

Click here to fill out a request

Have questions? Contact Tiffany Lemle, Director of Network Development, at **tcastor@adena.org**