

# ARE YOU TAKING YOUR HEALTH TO HEART

HEART HEALTH  
AWARENESS



Celebrate American Heart Month by making some positive lifestyle changes.

Your Employee Support Program can help with:

- An assessment on your personal heart disease risk
- Video and audio tips for heart health
- A library of articles on smoking cessation, healthy eating, and the value of exercise
- Resource links to food, activity charts, and more

TOLL-FREE: **800-777-9376**

WEBSITE:

**[www.CAEAP.com](http://www.CAEAP.com)**

USERNAME: **Riverside**

PASSWORD: **Riverside**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

