



# Take your health & well-being to the next level.

## COVID-19 Vaccinations



Stay informed about COVID-19 vaccine developments by [visiting the CDC website](#).

The COVID-19 vaccine is available at various states' vaccine hubs, healthcare providers and select pharmacies such as one of our in-network pharmacies – CVS Pharmacy.® Visit the [CVS COVID-19 Resource Center](#) to check local availability.

## Financial Fitness



Feb. 21-25, 2022, is America Saves Week. America Saves Week is a national campaign that encourages you to save money to plan confidently for the future. During America Saves Week, Fidelity is providing tools and resources to help you find ways to save money. The last few years redefined expectations, but it hasn't changed the importance of a good saving strategy. Even though having funds saved can't solve every problem, it can help you face challenges, emergencies and opportunities in the future.

Answering the questions below is essential in determining whether you'll have enough saved for the future. Now is the time to take a closer look.

- How do I build emergency savings?
- How do I balance my financial priorities?
- How much do I need to save to retire comfortably?
- How does taking loans from my 401(k) impact my retirement savings?
- How does increasing my savings by just 1% impact my long-term savings?

Visit [netbenefits.com](#) or download the NetBenefits mobile app to find tools and suggestions to help you grow your savings.

\*Source: Fidelity

## Did You Know?



To protect your heart, make the changes that address every risk factor you may have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

Learn how to monitor your blood pressure at home. It's important to know how to do it correctly, especially if your doctor has recommended that you regularly monitor your blood pressure. [Click here](#) to learn more from the American Heart Association.

\*Source: American Heart Association

## Upcoming Events



### + February

American Heart Month

### + February 21-25

America Saves Week

Your life's journey, made easier with your Employee Assistance Program (EAP)

[+ Click here for a flyer on lifestyle coaching](#)

## A Message from Cardi-O



Take time during American Heart Month to donate to the American Heart Association. The AHA provides valuable educational and other community resources to help save lives from heart disease.

[Click here to learn more and donate.](#)

## February Health Essential



### Keep Your Heart Healthy

Cardiovascular diseases, including heart attack and stroke, are the number one killer in the world. Your healthy heart is in your hands. Heart diseases can be avoided if you adopt a healthy lifestyle.

\*Source: U.S. Department of Health and Human Services

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