



# Boost heart health

**Did you know that up to 80% of heart disease is preventable**, according to the World Heart Federation? By managing stress and caring for your wellbeing, you can improve your heart health.

This February, in honor of **Heart Health Month**, take care of your heart by prioritizing your mental wellness and leading a healthy lifestyle. SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets.



Visit your  
program's web  
platform or mobile  
app to get started.



Take the next step in your wellbeing journey

[mysupportlinc.com](https://mysupportlinc.com)  
1-888-881-LINC (5462)

