



One Voice. One Focus. Leading Employers

♥ Heart Health Is Workforce Health for Tennessee Employers

February is American Heart Month — and in Tennessee, cardiovascular health is more than a clinical issue, it's a workforce priority.

Heart disease remains the leading cause of death in our state, and risk factors such as hypertension, diabetes, obesity, stress, and tobacco use continue to drive healthcare costs, disability, and lost productivity. More than 40% of Tennessee adults have high blood pressure, and 12% report coronary heart disease. ([America's Health Rankings](#))

What Leading Employers Are Doing

Forward-thinking employers are strategically addressing heart health by:

- Expanding access to effective primary care
- Using data to identify high-risk populations
- Expanding digital cardiometabolic programs
- Supporting nutrition and weight management
- Integrating mental health, stress and sleep support
- Promoting tobacco cessation and physical activity

How HealthCareTN Supports Employers

HealthCareTN helps employers improve cardiovascular and chronic disease outcomes through employer-led initiatives and no-cost resources:

- Hypertension & Diabetes Prevention/Management program launch incentives through Omada
- Medical weight management support pilot program through Form Health
- Effective Primary Care Claims Savings Assessment

HealthCareTN is here to support your efforts - Invest in cardiovascular health now for a strong, healthy workforce in the future!

♥ What Employers Can Do Now ♥

- Promote blood pressure awareness and screenings
- Encourage employees to establish a primary care relationship
- Evaluate benefits supporting hypertension, diabetes, and weight management
- Provide education on nutrition, sleep, stress, and physical activity

For more tips, tools and resources to share with your workforce during American Heart Month, visit: [NHLBI website](#), [CDC Toolkit](#), and [Million Hearts Initiative Toolkit](#).

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