February 13, 2014

OFFICE OF BUSINESS AFFAIRS MEMORANDUM No. 14-40
Delivered via Campus Email

To: Faculty & Staff

From: Cory Bradford
Senior Vice President for Business Affairs

Re: Healthy Tip Topics

In an effort to promote a healthy workforce the Office of Human Resources will be sending out regular communication on various health topics via campus email for the remainder of the 2014 year.

Topics will include the following areas of interest:
* February – Healthy Heart
* March – Nutrition
* April – Cancer Prevention
* May – Sleep
* June – Physical Activity
* July – Back Health
* August – Preventive Health
* September – Cholesterol
* October – Healthy Lungs
* November – Diabetes
* December – Stress Management

Please contact Patricia Hinojosa at pvhinojosa@pvamu.edu or the Office of Human Resources at 936-261-1730 if you have questions or would like additional information.

Please post a copy of the attached flyer and distribute copies as you deem appropriate.
February: Healthy Heart

Know your heart-saving numbers
Like your telephone number, your blood pressure and cholesterol numbers should be etched in your memory. Knowing these numbers can help save your heart and significantly reduce your risk of developing heart disease.

During your next checkup or health screening:
- Get your blood pressure and cholesterol numbers and write them down.
- Ask your doctor to explain what each number means, what your target range should be and how often they should be re-checked.
- Compare new numbers to previous numbers and talk your doctor about any changes.

Source: American Heart Association

Tip of the week brought to you by the Prairie View A&M University Office of Human Resources & Blue Cross Blue Shield of Texas