



American Heart Association®

# Hard Hats with Heart™

Presented by:



## Employee Wellness

Partner with the American Heart Association to make workplace wellness a priority for your employees. Utilize tools and resources to improve your workplace and jobsite health programs.

## Industry Recognition

Nominate your company or subcontractors for recognition of projects that improve the health, connectivity, and vitality of a neighborhood, the city, or the region.

## Networking & Celebration

Network with construction, design and healthcare industry leaders, while supporting a common goal—building a community free of cardiovascular disease & stroke.

In 2022, we will take great strides in making our industry healthier by providing blood pressure checks and crucial heart health education to our craft men and women. We will advocate policies that safely connect our neighborhoods and business districts. And we will celebrate groundbreaking work that is creating more vibrant places.—*Andy Davis, Turner Construction*

### WHY HARD HATS WITH HEART?

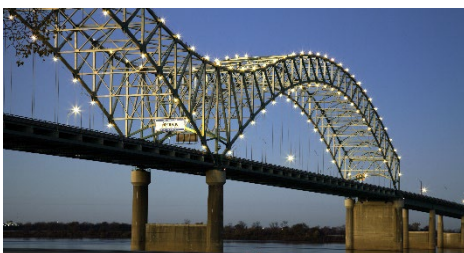
Adults in the construction industry have a higher risk of cardiovascular disease compared to other industries based on lifestyle factors. Hard Hats with Heart is the AHA's nationwide movement to build a path to end heart disease and stroke and to increase wellness among those in the construction trades.

### WHY NOW?

Thousands of individuals in the Northeast are currently employed in the construction sector. The pandemic and aftermath has created stressful environments and exposed additional threats to those at risk of heart disease and stroke. The need is greater than ever to find solutions and make an impact to save more lives.

### HOW WILL WE IMPROVE OUTCOMES?

In partnership with your firm, we will educate on *Life's Simple 8*: Stop Smoking, Eat Smart, Move More, Lose Weight, Manage Blood Pressure, Control Cholesterol, Reduce Blood Sugar and Sleep Better. You will have access to the Association's health dashboard to track employee improvements. We will help coordinate jobsite health screenings and a webinar series on select health topics. And we will continue to invest dollars in life saving research.





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## MEMIC



Sponsor Hard Hats with Heart and enjoy these benefits:

### Employee Wellness

- Access to the American Heart Association's Workplace Health Solutions
  - ✓ Life's Essential 8– a resource to help employees Stop Smoking, Eat Smart, Move More, Lose Weight, Manage Blood Pressure, Control Cholesterol, Reduce Blood Sugar and Sleep Better.
  - ✓ A company dashboard to track employee health improvements
- Assistance with jobsite health screenings and health
- Access to monthly Toolbox Talks



### Industry Recognition

- We will honor individuals and firms in Maine who are positively impacting community health.
- Nominations will be accepted for the following:
  - ✓ Workplace Health Champions – firms engaging in workplace health improvements
  - ✓ Heart for Maine Awards – individuals and firms impacting the vibrancy and connectivity of neighborhoods
  - ✓ Move Maine Award – individual or firm impacting the health and livability of the city or region through their participation and fundraising in a local event

### Networking and Celebration

- Join the American Heart Association for the Inaugural Networking Event on February 28th, 2023 at 33 Elmwood in Westbrook. Join other firms, local officials, and the healthcare community as we recognize local industry achievements and celebrate building a healthy Maine for all.