



American Heart Association®

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**Whole  
Health  
Matters**

# Digital HR Playbook

Digital HR Playbook  
sponsored locally by Delta Dental



Delta Dental and the American Heart Association are collaborating in Michigan, Ohio and Indiana to improve wellness in the workplace.



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# Welcome

One of my top priorities as CEO of Delta Dental of Michigan, Ohio, and Indiana is the well-being of our nearly 1,200 employees. Without them, we can't meet the needs of the 8.7 million people our benefit plans cover.

I know your employees' health is top of mind for you as well. Without your people feeling their best, they can't give their best.

Between the pandemic and civil unrest, this year has taken a toll on all of us, but we have an opportunity to learn, emerge stronger and refocus on what's important. We listened closely to our employees' needs as we transitioned to a remote workforce. And we used their feedback to support employees and their families, because we know employees have a life beyond the office.

Support begins with a holistic approach to health care—an important concentration for both Delta Dental and the American Health Association. In the workplace especially, the links between physical health and emotional health are increasingly clear, especially coming off this year and the challenges we've faced.

Our teams have been intentional and strategic as we've built this Whole Health Matters Digital HR Playbook so you can best navigate the road ahead and take care of your employees' whole health—their medical, dental, emotional and mental health.

This toolkit will bring you fresh, relevant content every month focused on a particular whole health topic, from health inequities in communities of color, to depression and other health concerns. You will find a buffet of materials to download and use each month to assist your on-site and at-home employees maintain healthy and happy lives in these uncertain times.

Regards,

Goran Jurkovic  
President and CEO  
Delta Dental of Michigan, Ohio, and Indiana





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# Invest in your employees' whole health

**W**e've collected the best of the best: expert, evidence-based resources to help your human resources team understand what works in workplace health.

Included in this playbook is a [seasonal content calendar](#) with downloadable resources like articles, infographics and videos to help make communication with employees accessible and simple as well as the Workplace Health Playbook, which this playbook is modeled after, containing a sampling of scientific, in depth-studies.

## HOW CAN I USE THIS PLAYBOOK?

The Whole Health Matters Digital HR Playbook will always be accessible by following this direct link: [heart.org/en/delta-dental](https://heart.org/en/delta-dental).

Your team can use each component as they see fit. For example, to share on the company's intranet, via email, or during employee workshops and trainings.

## HOW OFTEN SHOULD I USE THIS?

Whole health matters content will be updated monthly and refreshed so you know you're getting the most up-to-date, relevant resources for your team.

## WHY DOES THIS MATTER?

Delta Dental and the American Heart Association care about bringing this information to you because actively engaging employees in their health and wellness pays off, especially now when many of us are facing new workplace and at-home stressors.

With a healthier workforce comes happier employees, improved morale and increased productivity leading to lower health care costs. Protect your most important asset – your employees.



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# SEASONAL CONTENT CALENDAR

## January

Article: [Set exercise goals for 2021 that work for you](#)

Website: [Quit vaping/smoking/tobacco resources](#)

Infographic: [Youth & Tobacco](#)

## February

American Heart Month  
[Wear Red Day](#) - February 5, 2021

Article: [Bad toothbrushing habits tied to higher heart risk](#)

Website: [Life's Simple 7](#)

## March

National Nutrition Month

Website: [Eat Smart resources](#)

Infographic: [Sip Smarter](#)

Infographic: [Nutrition Facts Label](#)

## April

Move More Month

Videos: [Physical fitness workout](#)

Article: [Move More Anytime Anywhere](#)

Infographic: [Make Every Move Count](#)

## May

American Stroke Month

Article: [Gum disease, inflammation may be linked to stroke risk](#)

National Mental Health Awareness Month

Website: [Mental Health Awareness/ dealing with stress](#)

## June

National Oral Health Awareness Month

Website: [Delta Dental Institute Insights](#)

Pride Month

Website: [Pride at Heart resources](#)

[National CPR & AED Awareness Week](#)  
June 1-7

## July

Website: [Social Determinants of Health](#)

Article: [Can social connection aid heart health in African American community?](#)

Website: [Explaining healthy life expectancy](#)

## August

Article: [Poor oral health linked to higher blood pressure](#)

Website: [Hypertension Guideline Resources](#)

Website: [Understanding Blood Pressure Readings](#)

## September

[World Gratitude Day](#) - Sept. 21, 2021

Article: [How gratitude can help your health](#)

Infographic: [Tips to lower stress](#)

## October

[World Stroke Day](#) - October 29, 2021

Article: [Depression after stroke common among Black, Hispanic survivors](#)

Website: [How to spot a stroke/signs & symptoms](#)

## November

National Diabetes Month

Website: [Diabetes resources](#)

Article: [Tips for managing holiday stress](#)

Website: [Caregiver Support Network](#)

## December

Website: [COVID-19's impact on heart and brain health resources](#)

Article: [Looking for ways to protect against pandemic PTSD](#)

Article: [Tips & recipes for cold & flu season](#)

All materials are accessible by visiting:  
[heart.org/en/delta-dental](https://heart.org/en/delta-dental)



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# Workplace Health Solutions™

MISSION STATEMENT: To be a relentless force for a world of longer, healthier lives

## American Heart Association Contact Information



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“

I am proud of the work we do at the American Heart Association to be a relentless force for a world of longer, healthier lives. When all of us come together, we can build a culture of health for all.

”



**Kevin Harker**

Executive Vice President,  
Midwest Region  
*American Heart Association*