

Q: What steps can employers take to support their employees' cardiovascular health?

A: Dr. Steve Pomedli, Cleveland Clinic Canada, Manulife's Medical Director: "Organizations can pursue a number of ways to support individuals who have existing cardiovascular conditions, or to reduce the risk of future health conditions for others. This may involve organizational changes to reduce stress, or ways to support lifestyle changes, promoting active commuting, or supporting healthy nutrition. Raising awareness amongst employees of the importance of screening tests, such as for cholesterol blood sugar, or blood pressure -- can also help encourage employees to engage with their health care providers on a regular basis. Each company and worksite are unique though, so employers should find ways to tailor these approaches based on the specific needs of their employee groups."