

Help Your Employees Keep Their New Year's Resolutions in 2015

WASHINGTON, D.C., Jan. 06 /CSRwire/ - On average, nearly 50% of Americans will make a New Year's resolution. Many of these resolutions will focus on health. Community Health Charities is encouraging employers to help their employees keep their health resolutions in 2015 by focusing on early detection and prevention.

With more than 133 million Americans living with a chronic disease or disability, it is critical for companies to help their employees understand how to prevent the chronic diseases they may be at risk for and when to go to the doctor for a health screening.

To help employers get started, Community Health Charities has developed a comprehensive list of Health Screening Tips that can easily be printed or e-mailed. Employees can also visit the Facebook page of Community Health Charities and enter their age and gender to generate a list of the specific health screenings they may need.

"Making the effort to give your employees the right tools and education will help them achieve optimal health," said Tom Bognanno, President & CEO of Community Health Charities. "Learning their family history, knowing what symptoms to be aware of and taking immediate action when something is wrong is critical in early detection and prevention. Being proactive about their health can save their life."

To learn more about risk factors and prevention tips for chronic diseases, please visit healthmattersatwork.org. For more information about Community Health Charities and how your company can partner with us, please visit healthcharities.org or call 800.654.0845.

About Community Health Charities

Community Health Charities improves the lives of people affected by a disability or chronic disease by uniting caring donors in the workplace with the nation's most trusted health charities. Over the past five years, Community Health Charities has raised more than \$330 million to support the missions of the nearly 2,000 charities in our network.

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