

**Contact:**

**Beth Langefels**

937-475-8212

[Beth.Langefels@heart.org](mailto:Beth.Langefels@heart.org)

**LaDonna Koebel**

502-564-7430

[LaDonna.Koebel@ky.gov](mailto:LaDonna.Koebel@ky.gov)

FOR IMMEDIATE RELEASE

## **Brawner takes on heart healthy challenges during HeartChase™ and every day**

**KEHP members promote physical activity and healthy living during HeartChase**

FRANKFORT, Ky. (Sept. 4, 2018) - Natalie Brawner, a Kentucky Employees' Health Plan (KEHP) member employed with the Commonwealth, knows first-hand that heart disease doesn't discriminate. A healthy, active 40-year-old, she never expected the near-death experience of a heart attack.



Natalie shared her story with State Wellness Director Twany Beckham and says she's proof that, "You can't just look at someone and know if they're going to be affected by heart disease." She recommends making mental and physical health a priority, as well as managing stress and getting enough rest.

She also encourages KEHP members to take advantage of the wellness benefits provided. "I utilize the Go365 program where wellness activities produce Points. I've used my Points to purchase three different activity trackers over the years and plan to purchase my fourth in the near future. Certain events like the [American Heart Association] HeartChase may be eligible for Points too, and KEHP members can receive 35 Points for participating."

As part of her continuing message, Natalie is joining other Kentucky Employees' Health Plan members during this year's HeartChase in Frankfort, September 8. HeartChase is like The Amazing Race™ combined with wacky, team-based games like Minute-to-Win-It™.

During this community-wide competition, teams will uncover clues, solve puzzles and complete challenges in a race to the finish line. Awesome games combined with friendly competition and a very important mission creates great fun with a purpose.

The Frankfort HeartChase begins on the Old Capitol Lawn. Check in is at 8 a.m. with the event beginning at 9 a.m. There is no fee to participate, but donations are encouraged

which will be used to fund cardiovascular research and preventative education in Kentucky. To register, visit [www.heartchase.org](http://www.heartchase.org).

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**About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit [heart.org](http://heart.org) or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

**About the Kentucky Employees' Health Plan**

The Kentucky Personnel Cabinet's Department of Employee Insurance (DEI) administers the Kentucky Employees' Health Plan, a \$1.7 billion, self-funded health insurance program which provides benefits to nearly 290,000 public employees and their dependents. A robust benefits package includes health insurance, wellness programs, diabetes prevention and management, telehealth, mental health resources, pharmacy benefits, Flexible Spending Accounts (FSAs) and Health Reimbursement Arrangements (HRAs), and rewards programs for public employees. Find out more at [KEHP.ky.gov](http://KEHP.ky.gov), or follow us on [Twitter](#).