



COMSA Corporación and the Spanish Heart Foundation (FEC) have signed a collaboration agreement to join the Heart-Healthy Companies Program.

The participation in this program provides COMSA Corporación employees with practical and innovative tools and assets for outreach and cardiovascular prevention.

In this sense, the FEC provides specialized advice and continuous support to member companies for the effective implementation of the measures and recommendations, developed by the members of the FEC's Council of Experts, which will contribute to improving the cardiovascular health of their workers.



## Council of Experts on Cardiovascular Prevention:

The Spanish Heart Foundation has established a group of professionals who are specifically specialized in the 6 most relevant areas from the point of view of cardiovascular diseases and their prevention: Cardiovascular risk factors, Physical activity, Nutrition, Women over 50, Smoking and Stress and managing emotions.

The mission of the Council of Experts of the FEC is to innovate, make recommendations and propose solutions in the prevention of cardiovascular diseases in all the essential aspects that comprise the modern lifestyle, considering the workplace as a preferred space for action.



*Do you have any questions related to your cardiovascular health?*

Use the exclusive service of the PECS and receive advice from the best professionals.

<https://pecs.fundaciondelcorazon.com/acceso>

Your username is "**empleado-comsa**" and your password is "**comsa2021**".

Once inside the Private Area, go to the "**Ask the expert**" menu. The scope of the FEC website is **Spanish**, therefore, queries will be answered in this language.

With this service, any COMSA Corporación employee will be able to make any one-on-one consultation privately and in writing on cardiovascular health and prevention. All queries will be answered quickly and effectively by the members of the Council of Experts, the cardiologists of the Spanish Society of Cardiology or the specialized FEC staff.