



American Heart Association®
Well-being Works Better™



US workers are among the **most stressed in the world**

In 2021, 57% of workers in the US and Canada reported feeling stress daily

Workplace stress is as harmful as **secondhand smoke**

It can increase your chance of a heart attack or stroke by 40%

It's hurting **employee mental health**

78% of respondents say workplace stress affects their mental health

The pandemic changed the future of work for millions of employees, disrupting their work lives and putting a spotlight on the need to create a work culture that supports employee health – **mind, heart and body**.

Building a culture where employees thrive is no longer an option.

It's a business imperative.

The **American Heart Association's Well-being Works Better™** platform helps business leaders promote health and well-being for all.

The **Well-being Works Better Resource Center** has the tools you need to lead at heart.org/Workforce.



Stay up to date

- On-demand podcasts with HR leaders
- Updates on U.S. employee sentiment
- Analysis of today's HR issues



Save time

- Pre-written policies
- Detailed guidance for pressing HR issues
- Ready-to-share employee materials



Learn from peers

- Local and virtual networking events
- Case studies from peer organizations
- Opportunities to share best practices



Make it happen

- Ready-to-launch initiatives
- Roadmaps for building a culture of health
- Mental and physical health strategies



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See the Big Picture.
See Big Results.

GET ANSWERS

Studies have shown that workforce health and well-being programs that are well-designed, fully implemented, and rigorously evaluated can lead to better employee health, productivity, and retention.

The new-and-improved **Workforce Well-being Scorecard™** assesses an employer's culture of health and well-being and has been enhanced to include evaluation of:

- Mental health policies
- Organizational well-being strategies to address employee burnout
- Strategies to promote health equity in the workforce
- Employer support of financial health
- Impact of volunteerism and community partnerships

The Scorecard includes a **free dashboard with benchmarking reports** outlining the overall achievement level and broken-out scores across different areas of focus.

This year's deadline is **October 31, 2022**.

GET RECOGNIZED

Employers completing the Scorecard will be recognized in *Forbes* based on achievement level and will receive a toolkit for sharing recognition in employer communications.



WORKFORCE WELL-BEING SCORECARD		
ORGANIZATION	14 Questions	>
LEADERSHIP SUPPORT	10 Questions	>
ORGANIZATIONAL POLICIES AND ENVIRONMENT	33 Questions	>
COMMUNICATIONS	4 Questions	>
PROGRAMS AND INTERVENTIONS	10 Questions	>
ENGAGEMENT	4 Questions	>
COMMUNITY PARTNERSHIPS AND ADVOCACY	4 Questions	>
REPORTING OUTCOMES	8 Questions	>
HEALTH EQUITY	10 Questions	>
ORGANIZATIONAL WELL-BEING	11 Questions	>
DEMOGRAPHICS	32 Questions	>
EMPLOYEE HEALTH DATA	Coming soon...	>

heart.org/Workforce