



American Heart Association®

Workplace Health Solutions™

WORKPLACE HEALTH ACHIEVEMENT INDEX

Build a workplace environment where getting and staying healthy are core values

Improving a workplace culture of health starts with signing up to use the Workplace Health Achievement Index, an organizational self-assessment that measures the health of the workplace and the health of the workforce.



Stop Smoking



Eat Better



Get Active



Lose Weight



Manage Blood Pressure



Control Cholesterol



Reduce Blood Sugar

Participation in the Index is free! The Index is one of the few organizational scorecards that provides Index scores plus free benchmarking data, enabling organizations to compare their performance to peer organizations based on size and industry.

- Provides immediate feedback and identifies areas for improvement
- 55 simple questions about existing health programs and policies and the organization's health-enhancing environment
- Provides a measurement of the heart health of the workforce with Life's Simple 7® data

Employees with at least 6 ideal Life's Simple 7 metrics cost their company \$2,000 less on average in annual health care costs, compared to employees with 2 or fewer ideal metrics.

Osmond et al., 2017

With scientifically validated measures of ideal cardiovascular health and evidence-informed strategies, the Index can help you to build a workplace culture of health that can lead to **increased productivity, decreased absenteeism and identification of opportunities to slow down the growing costs of healthcare in the workplace.**

We focus on increasing awareness of health risks and the importance of small, simple steps that can take an organization on a journey toward improved overall health.

Email whs@heart.org or call 888-242-4503

heart.org/workplacehealth

Build a workplace environment where getting and staying healthy are core values

- Improve workplace health environments with science-based, evidence-informed tools, services and resources
- Qualify for annual recognition from the American Heart Association
- Identify gaps and opportunities for improvement in workplace health programs



Part 1

Organization and Demographic Information

- **Organization Information (Required)** includes name, address, type, industry, size
- **Workforce Demographic Info (Optional)** includes aggregate employee characteristics, such as gender, age, ethnicity, job type, work status, annual income, education level, languages spoken, turnover rate

Part 2

Organization self-assessment: how healthy is my workplace?

55 questions that are grouped into 7 best-practice categories.

- Leadership
- Policies and Environment
- Communications
- Programs
- Engagement
- Partnerships
- Evaluation & Reporting Outcomes

Part 3

Performance measures; how healthy is my workforce?

Aggregate employee health data based on Life's Simple 7 metrics is used to assess:

- Completion: How many of my employees know their numbers?
- Heart Health Score: How healthy is my workforce?
- Relative improvement: Has the health of my workforce improved over time?

Methods to submit Life's Simple 7 data:

- My Life Check™ (free)
- My Life Check™ Enhance
- Health Screening Services
- Aggregate data report

Remove Barriers

40% of employees say that their job gets in the way of their health. Employers should consider the ways the workplace may be impacting their employees' path to health.

Supportive cultures of health and leadership are the keys to success

70% of employees who say their CEO participates in health programs think their employer cares a great deal about their health, compared to only 12% who say their CEO does not.

Culture matters when it comes to employee engagement

61% of employees who feel encouraged to participate are twice as likely to report improved health.

