



American Heart Association®

Workplace Health Solutions™

My Life Check® Enhance



In just a few minutes, those taking the assessment receive:

- ✓ Personal Heart Health Score
- ✓ Personalized action plan
- ✓ Personalized health actions
- ✓ Personal dashboard to monitor progress over time

Assess Risk, Utilize Health Actions and Monitor Heart Health Status

My Life Check Enhance is a **science-based**, digital health risk assessment tool that helps people gauge, improve and monitor their heart health status. The assessment is grounded in the evidence-informed science of the American Heart Association's **Life's Simple 7**®, the seven most important predictors of heart health.



Stop Smoking



Eat Better



Get Active



Lose Weight



Manage Blood Pressure



Control Cholesterol



Reduce Blood Sugar

Being in optimal heart health can improve:

- ✓ Overall Health
- ✓ Productivity
- ✓ Cognitive Function
- ✓ Quality of Life
- ✓ Healthy Longevity

Higher scores for Life's Simple 7 have been associated with lower risk for:

- ✓ Heart Disease
- ✓ Cancer
- ✓ Depression
- ✓ Type 2 Diabetes
- ✓ Hypertension
- ✓ Dementia

Creating workplace cultures of health where getting and staying healthy are core values

My Life Check Enhance is an easy 4-minute assessment that allows individuals to assess their heart health and take small, simple steps that can result in real improvements.



Calculates Heart Health Score based on the most recent scientific research. As the research evolves, the tool is updated.



Designed to lead individuals through the discovery of their Heart Health Score and recommend small changes that can improve overall health.



Focuses on promoting optimal cardiovascular health, which also reduces risk of diabetes, cancer, stress and depression.



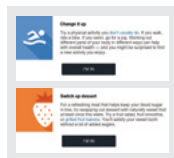
Allows participants to track their progress as they adopt new health habits and update their Heart Health Score.



Provides easy-to-understand education for Life's Simple 7 including videos and infographics.



Hosted on a secure, HIPAA-compliant data platform. Employers can only view aggregate, de-identified health information.



Suggests over 30 health actions Small, simple steps that help participants work toward improved health, based on the powerful science of Life's Simple 7.



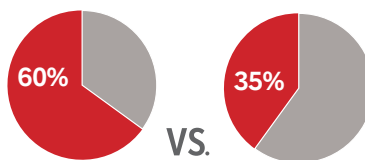
Employer reporting to compare corporate vs. divisions vs. geographic locations, and ability to segment reporting by employee vs. adult dependent. Employer reporting is accessible anytime.

Knowing Your Numbers: The Critical Place to Start



The most effective workplace health screening models combine health assessment with screening, followed by actionable encouragement to promote behavior change, resulting in higher participation in health and wellness programs.

(Arena et. al., 2014)



60% of employees are willing to share personal health information with a nonprofit for health purposes. Only **35% of employees** are comfortable sharing such data directly with their employers. **The American Heart Association creates a trusted platform.**

(Nielsen Employee Health Survey, 2016)



Life's Simple 7 health behaviors represent **7 out of the top 10 most costly risk factors** for employers, and comprise **20-30%** of companies' annual healthcare expenditures.

Goetzel et. al., Health Affairs (Milwood) 2012
Bolnick et al., JOEM (2013)