



American Heart Association.

Workplace Health Solutions™



Stop Smoking



Eat Better



Get Active



Lose Weight



Manage Blood Pressure



Control Cholesterol



Reduce Blood Sugar

SCREENINGS AND ASSESSMENTS FROM A TRUSTED NAME IN HEALTH

## Does your workplace model a culture of health?

Most people spend the majority of their day at work, but the workplace doesn't always provide a healthy environment.

Help your employees get healthier.

Get started with trusted tools from the American Heart Association.

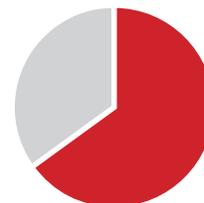
Once you have a picture of the health of your workplace, you can take steps to create an environment where getting healthy and staying healthy are top of mind.

We'll help you measure where you are, then put a practical plan in place so employees can take small, simple steps to improve their health.

### OUR END-TO-END SOLUTION IS SIMPLE AND CONVENIENT.

#### You'll get:

- ✓ Accurate, reliable data
- ✓ Heart-health education
- ✓ Increased awareness of health risks



60%

of employees are willing to share personal health information with a non-profit for health purposes



35%

of employees are comfortable sharing personal health data directly with their employer.

(Nielsen Employee Health Study, 2016)

# Continuous Quality Improvement for Workplace Health

Our Workplace Health Solutions are grounded in the solid science behind Life's Simple 7.



## 1 Workplace Health Achievement Index (free)

- Organizational self-assessment measures health of workplace and workforce.
- Multiple choice and yes/no questions.
- Free dashboard and benchmarking data included. Compare to peers by size/industry.
- Opportunity to qualify for annual recognition from the American Heart Association.

## 2 Biometric data capture and health assessment of employees, options:

- **Health Screening Services™ – Bundled pricing, no surprises**
  - ✓ Biometric screenings for employees – each takes just 15 minutes.
  - ✓ Customizable test menu.
  - ✓ Venue options including vouchers for retail pharmacy and LabCorp.
  - ✓ State-of-the-art Event Management System – easy scheduling, emails, facilitation.
  - ✓ Dashboard and data analysis to target health strategies.
- **My Life Check® Enhance – Takes 4 minutes or less to complete**
  - ✓ Digital health assessment for employees to complete the picture.
  - ✓ Health data flows automatically from Health Screening Services and to the Index.
  - ✓ Personalized, recommendations for working toward improved health.
  - ✓ Basic version also available at no cost (limited functionality).
- **Aggregate Report option for data upload – We'll show you how to do it.**

## 3 Annual recognition:

Participants are eligible for recognition in first year.

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