

American Heart Association's Workplace Health Achievement Index

Research shows that **more robust and comprehensive strategies for wellness** and **cultures of health** have significant impacts on employee health. Healthier employees are more productive, with lower absenteeism and lower healthcare costs. The **American Heart Association's Workplace Health Achievement Index** gives you a way to measure the comprehensiveness and quality of your workplace health program and the overall heart health of your employees.

Employers are scored on how well they meet American Heart Association **science-based, evidence-based criteria** for implementing high quality health programs.

Transformational Design Targets Systematic Change

The AHA Index is a comprehensive organizational assessment that measures both the health of your **workplace** and the health of your **workforce**. There are three parts to the Index:

PART ONE: ORGANIZATION & DEMOGRAPHIC INFORMATION

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

PART TWO: STRUCTURE & PROCESS MEASURES

Complete 55-item questionnaire based on 7 best-practice pillars of effective workplace health programs



Leadership



Policies & Environment



Communications



Programs



Engagement



Partnerships



Evaluation & Reporting Outcomes

PART THREE: PERFORMANCE MEASURES

Used My Life Check® or submit aggregated employee health data based on Life's Simple 7®.

- Measure 1: % of Employee Health Data Submitted
- Measure 2: Organization Heart Health Score
- Measure 3: Annual Relative Improvement Score



Smoking Status



Physical Activity



Healthy Diet



Healthy Weight



Blood Pressure



Total Cholesterol



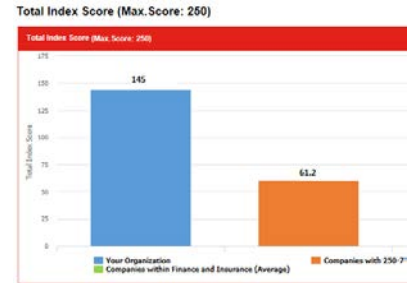
Fasting Blood Glucose

Life's Simple 7®

Features

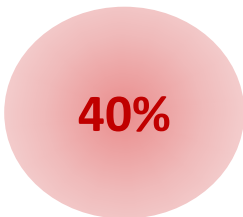
AHA's Index is accessible 24/7. Participants are encouraged to take the assessment, **identify areas to improve, implement improvements and update the assessment** to improve their score and qualify for AHA recognition.

- ✓ Benchmark reports show how individual results compare to peer companies based on size (#employees).
- ✓ A resource library, available at heart.org/workplacehealth, provides tools to help you design your healthiest workplace:
 - *Healthier Workplace Food and Beverage Toolkit*
 - *CEO Roundtable Playbook* of best practice case studies
 - *CEO Roundtable Tobacco Policy Paper*
 - *Workplace Healthy Hearts: CPR training for employees.*
- ✓ Participants are eligible for annual recognition from the American Heart Association based on total Index score.



Benefits

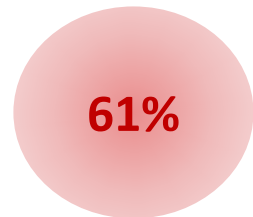
AHA's Index assessment is grounded in science-based evidence, showing that worksites with a culture of health are more likely to have engaged employees and a healthier, more productive workforce. A supportive culture of health and senior management leadership are the keys to success.



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



Encouragement from leadership has a positive impact on employee participation. 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.