



1. How is the AHA's new Workplace Health Solutions different from other corporate health programs?

The AHA's new program is unique because it focuses on improving the ideal cardiovascular health of employees and uses Life's Simple 7 - a scientifically validated construct - to objectively measure the heart health of employees. A high heart health score is not only associated with a lower risk of heart disease and stroke, it also has additional benefits that include a lower risk of cancer and cognitive decline, and improvements in quality of life, depression, and productivity. My Life Check operationalizes Life's Simple 7 into a short risk assessment that is relatively easy for employees to complete compared to other health risk assessments. Furthermore, the Workplace Health Achievement Index is scorecard that not only assesses the quality of a company's policies and programs that support a workplace culture of health, it also scores companies based on the health of their employees as measures by Life's Simple 7. The index and recognition program is supported by data analytics, technical assistance and an evaluation framework that allows for continuous improvement of a company's workplace health program over time.

2. What is My Life Check®?

The MLC health assessment and health improvement tool was designed by the American Heart Association with the goal of improved health by educating and supporting you on how best to live healthier. It provides a personal Heart Health Score and personalized Health Action Plans with the seven simple steps you need to start living your best life. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple tool has been developed to deliver on the hope we all share, which is to live a long, productive and healthy life.

Several studies published since 2010 have validated the construct of heart health and the predictive validity of the heart health score.

You can learn more by visiting <http://circ.ahajournals.org/content/121/4/586> or visiting the Life's Simple 7 site at heart.org

3. What does the Heart Health Score mean?

The assessment tool not only gives you a Heart Health Score but an opportunity to create a plan for forming new, healthy habits. The tool includes options for goal setting and tracking your progress. It also includes ideas for getting past things that might get in the way of your success. The final score is an estimation of your heart health on a scale from 1 to 10, where number 10 is the ideal level. Based on your individual data, a score of 10 means that you have the greatest potential for a heart healthy life and the

lowest possible risk of developing heart disease and stroke. It estimated that between 1% and 5% of U.S. adults have ideal heart health.

4. Can I use My Life Check® outside of the United States?

At this time, My Life Check® is designed for use within the United States. In the future we will expand capabilities to provide My Life Check® access in various regions outside the U.S. (including custom translations and adjustments for country health standards).

5. What is the AHA Workplace Health Achievement Index?

The Workplace Health Achievement Index is a new Index that indicates the level to which companies have successfully integrated a culture of health within the workplace and uses best practices to comprehensively assess the culture, structure, processes and outcomes of an organization's workplace health program.

6. What makes the Index different from other similar scorecards?

The AHA's Index is unique because it assesses and measures the quality, comprehensiveness and effectiveness of organizations' workplace health programs and improvements specific to heart health. Many existing workplace wellness programs do not explicitly focus on cardiovascular disease and stroke prevention, the leading cause of death in our nation. The Index evaluates both:

- "Culture of health" measures (e.g. has the organization implemented a comprehensive tobacco control program?) comprising research-based organized into seven pillars or best practice categories of successful workplace health promotion programs, and;
- Performance measures that track changes in the heart health of employees based on Life's Simple 7 aggregate data or comparable heart health data.

7. Why did AHA develop its own Index instead of using an existing scorecard?

We conducted an environmental scan of existing scorecards, including AHA's Fit-Friendly Worksite survey, to assess their suitability for AHA's new national recognition program. We needed an assessment that was: brief; supported by the latest evidence and best practices; focused on cardiovascular health; and aligned with Life's Simple 7. Although we admire the existing scorecards currently in use, and each scorecard has its own unique application and merits, none met all of our desired criteria. Consequently, we enhanced AHA's Fit-Friendly Worksite questions by adding select questions from the CDC Worksite Health Scorecard (which is in the public domain). The AHA Index consists of 58 questions in total, is based on the latest science, is focused on cardiovascular health and specifically addresses Life's Simple 7 risk factors in a parsimonious way.

8. What's the difference between the Fit Friendly Worksite Program and the new Workplace Health Solutions program?

Fit Friendly is a recognition program where companies apply to be recognized by the American Heart Association for meeting criteria AHA has established as best practices in workplace health for the areas of physical activity, healthy diet and tobacco use.

The new workplace health solutions program uses a suite of digital tools as a continuous quality improvement model. The new program will help companies assess the comprehensiveness of their program and supporting workplace environment, provides them with expert resources on strategies for making improvements, provides them with programs that engage employees and tracks progress toward ideal heart health and recognizes a company's progress and achievement through recognitions and awards.

9. My company does not allow me to provide any employee biometrics or similar private data even if de-identified. Can my company still participate in the new index and workplace health program?

If your company wants to fully participate in the Workplace Health Achievement Index (Index), and be eligible for recognition, then it will need to submit anonymized data of employee health based on the metrics of Life's Simple 7 that are usually collected through biometric screenings or self-reported Health Risk Assessments. In the absence of these data, your company can still complete the section of the Index that assesses whether a company has a workplace culture of health. Your company will be able to receive feedback on its performance on these "structure and process" measures, but will not be eligible for recognition.

10. We already have an existing health risk assessment tool, administered by an outside vendor. Do we need to use My Life Check® if we're already collecting similar information?

If you have existing HRA data that is equivalent to the data collected with My Life Check® you do not need to use My Life Check®. There are options available to submit your health performance measurement information using batch tools and API's. Please contact your AHA representative to learn more about these options.

11. How will the confidentiality of personal health information (PHI) be maintained?

Your company and American Heart Association do not have access to your employees' personal health information. When a person creates a My Life Check® account and completes the assessment, their information is collected and stored in a secure database platform that adheres to strict information security policies and protocols. That data is anonymized (de-identified) before being made available to American Heart Association. American Heart Association creates aggregate reports based on the anonymized information and it is only those aggregate reports that are made available to your company.

12. What evidence exists to support My Life Check and the Workplace Health Achievement Index?

My Life Check is a risk assessment tool that is underpinned by the robust science of Life's Simple 7. Several studies published since 2010 have validated the construct of heart health and the predictive validity of the heart health score. My Life Check also comprises health promotion components and a short-term pilot study of seven CEO Roundtable companies indicated that employees that completed the MLC assessment increased their knowledge of cardiovascular risk, and improved their confidence to adopt healthier behaviors. We are currently planning a larger research study to test the longer-term effectiveness of MLC. The Index is a new tool and we will commission a study through an independent academic partner to validate its content and reliability. The AHA is committed to science and research, and we will continue to test the effectiveness of our own tools. We have established a Worksite Health Steering Committee, comprised of fifteen volunteer experts, to help guide our research and evaluation agenda.

13. What resources will AHA provide to help my company implement workplace health solutions based on my company's index results?

The new heart.org site for employers has been designed to help companies set up accounts to use the My Life Check tool and the Workplace Health Achievement Index. The site also contains a comprehensive library of resources that will guide companies on how they can make improvements in their workplace culture of health as identified from taking the Workplace Health Achievement Index assessment.