

December 2025 Newsletter

WBWB 2025

Subject Line:

- Supporting Employees After a Stroke

Pre-header:

- Season's greetings—here's to renewal, health and well-being



American Heart Association.
Well-being Works Better™

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December 2025 Newsletter



Supporting Stroke Survivors as They Return to Work

Returning to work after a stroke is a big decision. Consider using these resources to help your organization provide the knowledge and support team members need as they navigate their return.

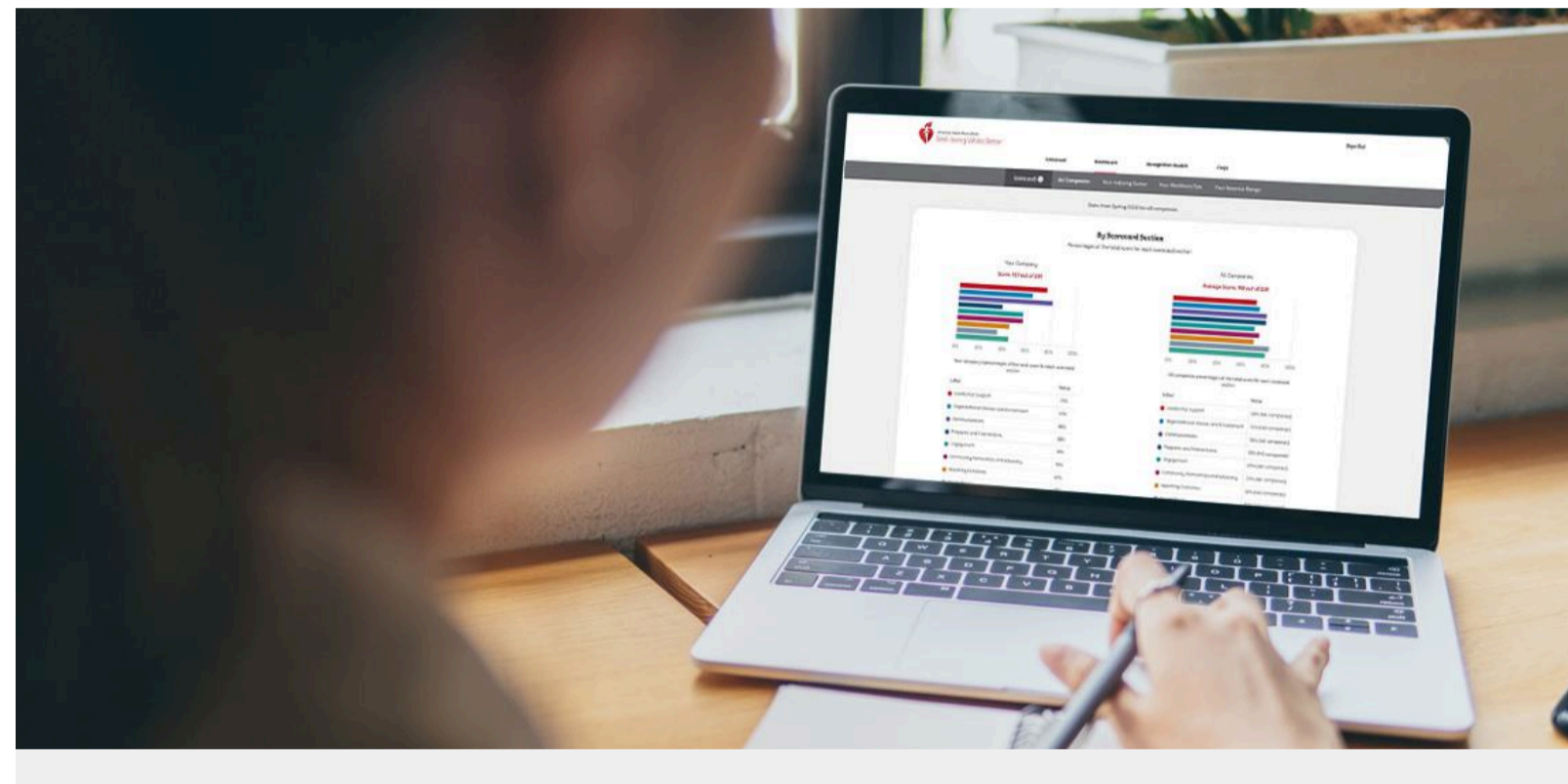
- Begin with the Return-to-Work Readiness Self-Assessment**
A simple, step-by-step tool to help individuals reflect on their comfort level before returning to the workplace.
- Share the Employment Readiness Checklist**
This checklist provides an overview of potential barriers for employees to consider.
- Introduce the Goal-Setting Worksheet**
This is designed to help employees outline both immediate and longer-term objectives.

[LEARN MORE](#)

Did You Know...

Compared with men, women may be less likely to return to work three months after a severe stroke.

*American Heart Association



Well-being Works Better™ Scorecard Updates

The updated Well-being Works Better™ Scorecard will relaunch in early 2026. For companies who have previously completed the Scorecard, log in to your portal and download your previous benchmarking report and recognition toolkit by the end of February. Stay tuned for more details—including how to access the tool and resources to help you get started.

[GO TO SCORECARD](#)



SAVE THE DATE

Peer-to-Peer Learning Session No. 2 Financial Well-being at Work: Education and Benefits That Make a Difference

Date: January 21, 2026

Time: 12:00 p.m. Central

Location: Zoom

Don't miss the next session in the peer-to-peer online learning series. Discover how to empower employees through education, benefits and resources with insights from leading experts.

[SIGN UP](#)



SAVE THE DATE

Peer-to-Peer Learning Session No. 3 Supporting Women's Health in Every Stage: From Awareness to Action

Date: February 18, 2026

Time: 12:00 p.m. Central

Location: Zoom

Women's health is a vital part of workplace well-being, yet topics like menopause often remain overlooked. This February, join us for an engaging webinar that explores how employers can create supportive environments and implement benefits for the needs of women at various stages of life.

[SIGN UP](#)



SAVE THE DATE

Peer-to-Peer Learning Session No. 4 Well-being Works Better Scorecard Launch

Date: March 18, 2026

Time: 12:00 p.m. Central

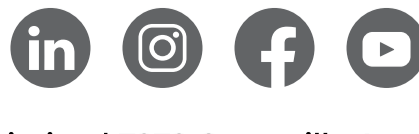
Location: Zoom

Get access to and learn about the latest updates to the Well-being Works Better Scorecard.

[SIGN UP](#)

Season's Greetings!

As the year closes, we send our warmest holiday wishes to you and your teams. Thank you for being part of our mission to enhance well-being at work. We look forward to continued growth and inspiration in 2026!



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