



Start the Year Strong: Healthy Habits Create a More Productive and Engaged Workplace

Kick off the new year by adopting healthy habits that help your employees thrive. Creating a work culture that prioritizes physical, mental and emotional well-being enables employees to reach their full potential. After all, the health of your business is directly tied to the health of your team.

Make well-being a priority. Share tips to help empower your workforce to overcome challenges and achieve success.

[GET TIPS](#)

WHAT'S NEW

Well-being Works Better™ Webinar: Innovative Approaches for Small & Mid-Sized Employers

Did you know? Health inequities in the U.S. cost \$320 billion annually in healthcare spending and are projected to exceed \$1 trillion by 2040.*

*2022 Deloitte study.

To address this important issue, health equity leaders gathered for an insightful webinar to exchange ideas and explore programs aimed at improving health outcomes for employees in small and mid-sized organizations.

Watch this informative discussion to gain a deeper understanding that can help advance the health and well-being of your workforce.

[WATCH NOW](#)

Healthy snack options for the win!

Enjoying the big game doesn't have to mean overindulging in unhealthy foods. Guilt-free snacking is all about balance and making smart choices

Instead of: Traditional Nachos **Try:** Sweet Potato Nachos

Instead of: Cheese and Sour Cream Dip **Try:** Avocado Pesto Dip

Instead of: Pretzels and Potato Chips **Try:** Sweet and Spicy Edamame and Almond Nut Mix

Share these AHA-suggested recipes with your employees for delicious game time snacks that will keep everyone energized.

[HEALTHY SNACK RECIPES](#)

Help Us Inspire Others

Has your organization experienced the impact of Well-being Works Better solutions, like the Scorecard, the Employer Resource Guide or burnout prevention tools? We'd love to hear how they've made your workplace a great place to work.

[SHARE YOUR STORY](#)