



American Heart Association.  
Well-being Works Better™



## Bring Heart Month to work

When cardiac arrest occurs, bystanders only jump in to help about 40% of the time. During American Heart Month and beyond, your workforce can join our Nation of Lifesavers. We have resources to help your employees learn Hands-Only CPR. Equip your team to make a difference. With CPR, you are the first responder.

[See resources](#)

## My Life Check®: health tool

Want to promote a healthy workforce? Encourage employees to try our interactive tool, My Life Check. By answering a handful of questions, they will get a heart health snapshot (with a 0-100 score) along with tailored health tips based on their responses. It's easy and fun – try it yourself!

[My Life Check](#)

## Supporting employees with disabilities

Employees with disabilities can face challenges in the workplace. But employers can take steps to help everyone work to their full potential. Check out our new resource with guidance for fostering workplace well-being for employees with disabilities, including those recovering from stroke.

[LEARN MORE](#)

## Don't miss Scorecard 101

The new Well-being Works Better Scorecard is now live! Join us for a virtual kickoff session, where you can get access to our 2026 Scorecard and have your questions answered. Well-being Works Better™ 2026 Scorecard Launch Wed., March 18, 2026 Noon - 1:15 p.m., CDT Virtual session on Zoom

[Register now](#)

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