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American Heart Association.
Well-being Works Better™

November 2026 Newsletter



Scorecard deadline is Nov. 30

Don’t miss your chance to gain valuable insights about workforce well-being. Complete our streamlined Well-being Works Better™ Scorecard by Nov. 30 to learn what you’re already doing to help employees thrive and areas of

improvement. Our free assessment can help you foster a culture that prioritizes well-being.

Act by 11/30!

1 in 3 employees is a caregiver

Our 2026 Voice of the Employee Survey conducted with The Harris Poll was illuminating: One in three (35%) employees identifies as a caregiver, and they face unique challenges. Join us Dec. 2nd from noon to 1 p.m. CST for our virtual Peer-to-Peer Learning session on caregiving. Fellow employers will share how they support caregivers.

Sign up

Exercise fights the “holidaze”

Year-end deadlines, travel and holiday plans can leave teams frazzled at this time of year. A healthy way to deal with stress is exercise. (In fact, moving more can ease stress, lift mood and boost energy!) Consider sharing this snapshot on the subject in your next newsletter or intranet posting.

Stress less

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