

[View in Browser](#)



September 2026 Newsletter



Healthcare & retail exclusive learning

Built to Thrive connects employers in similar industries to promote workforce well-being. Participants benefit from expert insights, well-being strategies and an exclusive peer learning group. Also, new cohorts are starting in the healthcare and retail sectors! Free info session on Sept. 16 or 23.

[Reserve a spot](#)

Cholesterol: Educate your team

You want a healthy workforce. And good heart health for your team means keeping cholesterol in mind. High cholesterol is a risk to your team's health, yet

it often has no symptoms. Encourage employees to “know their numbers” as part of a healthy lifestyle. Share our quick facts about cholesterol.

Share facts

It's back-to-Scorecard season

Fall is the perfect opportunity to assess your company's progress with our Well-being Works Better™ Scorecard. Complete our streamlined scorecard to learn what you're already doing to help employees thrive – along with industry-specific comparisons that point the way to best practices.

See scorecard

BEYOND just a weight study

Our Healthy Living BEYOND Weight™ Study builds on the real-world experiences of adults managing their weight. Your employees can participate and help shape the future of health by improving weight-management care. Every experience can make a difference, so spread the word.

Tell the Team



American Heart Association | 7272 Greenville Avenue, Dallas, TX, 75231, US

©2025 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

[Copyright](#) | [Privacy Statement](#) | [Unsubscribe](#)