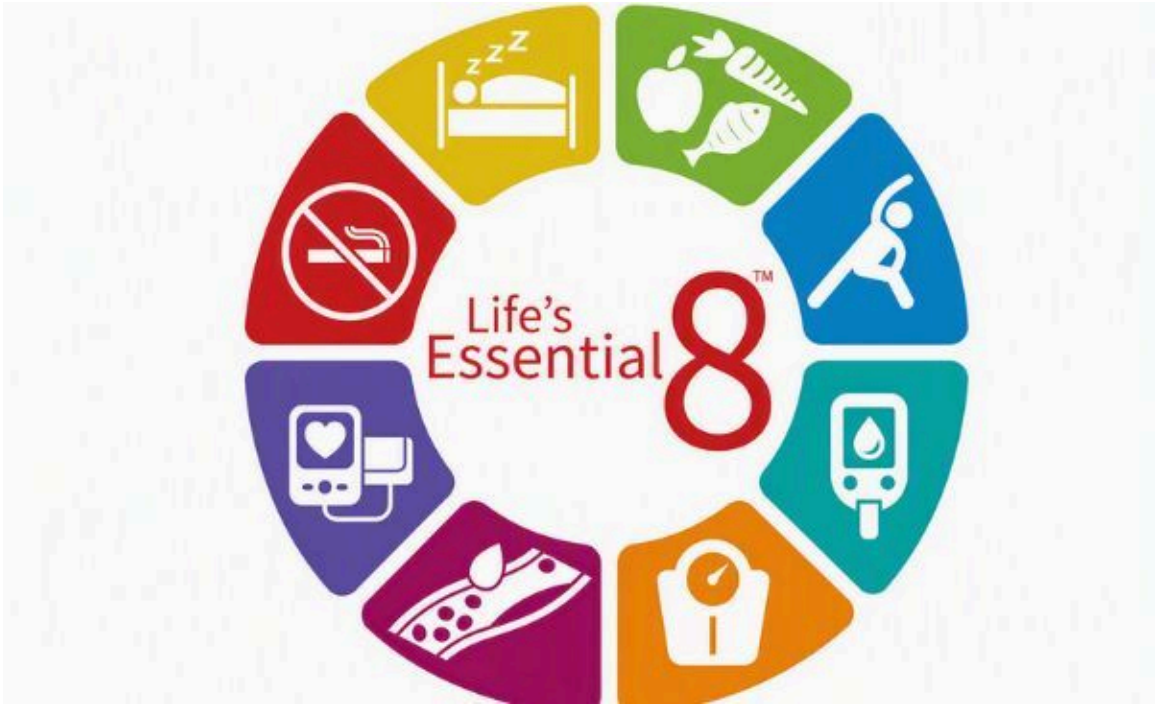
View in Browser

American Heart Association.
Well-being Works Better™

October 2026 Newsletter




# Oprah, heart health and women in the workforce

Knowledge is power, and knowing the facts about women's heart health can empower your workforce. Consider sharing this video where Oprah Winfrey interviews cardiologist Tara Narula about women's particular risk and how they can prioritize heart health with strategies such as Life's Essential 8™.

**Watch and share**

# Assess workforce well-being

With our Well-being Works Better™ Scorecard, you can evaluate your organization's ongoing well-being efforts. Complete our streamlined Scorecard

to learn areas of success, benchmarking insights and other opportunities to advance workforce well-being

**Get started**

## Food is medicine: employers' role

Seeking new ways to improve well-being and manage healthcare costs? Consider food — specifically medically tailored meals and produce prescriptions. Our Employer Food Is Medicine Learning and Action Network provides expert guidance, peer support and real-world insights. Learn more about how this emerging benefit may support your workforce.

**Fuel health**

## Seven Seats Per Cohort. Apply Now.

Healthcare and retail employers: time is running out to join the next Built to Thrive cohorts. Each cohort brings together seven employers committed to improving their workforce wellbeing. Participants will take part in learning sessions, receive technical assistance and more. Start with the 15-minute Readiness Assessment, due Oct. 23.

**Apply Now**

**American Heart Association | 7272 Greenville Avenue, Dallas, TX, 75231, US**
©2025 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.
Copyright | Privacy Statement | Manage Preferences / Unsubscribe