



American Heart Association®

Workplace Health Solutions™

## Solutions to help employees monitor heart health at home.

Almost every American workplace is in some degree of transition right now, Workplace Health Solutions is here to provide health resources for their employees during this unique time.

Heart health is essential in maintaining overall health. Workplace Health Solutions Health Screening Services is prioritizing heart health education for employees with options like at biometric at home test kits.

Our education tool My Life Check Enhance®, based on the science of Life's Simple 7® can help you monitor the health of your employees while still practicing social distancing to prevent the spread of illness.



### At home test kits:

- AHA is committed to meeting your staff where they are, at home. Employees can have a test kit shipped directly to them and perform a self-administered test in the privacy of their own home to learn their cholesterol and blood sugar.

### My Life Check Enhance®

- My Life Check Enhance® is a science-based, digital health risk assessment tool that helps people gauge, improve and monitor their heart health status. The assessment is grounded in the evidence-informed science of the American Heart Association's Life's Simple 7®, the seven most important predictors of heart health.