**Top Ten Things To Know**  
**Workplace Wellness Recognition for Optimizing Workplace Health**

1. There are an estimated 155 million working-age, largely employed, adults in the United States, which creates a large captive population that can potentially benefit from ongoing engagement with respect to health and wellness.

2. An estimated 20% to 30% of companies’ annual healthcare costs are spent on employees with modifiable risk factors. These include the 7 risk factors that comprise Life’s Simple 7: cigarette smoking, obesity, hypertension, dyslipidemia, physical inactivity, poor diet, and diabetes mellitus.

3. In addition, 3 other factors, depression, stress, and overconsumption of alcohol, are important risk factors inversely associated with cardiovascular health and positively associated with higher medical expenditures.

4. To realize the full potential of workplace wellness programs, there is a need to develop, implement, disseminate, and sustain high-quality models, that is, CWWPs.

5. The American Heart Association (AHA)/American Stroke Association (ASA) is uniquely positioned as a national professional organization that is focused on the prevention and treatment of CVD and stroke to play an important role in defining and increasing the adoption of CWWPs.

6. This review recognizes and builds on the 5 elements of a CWWP as defined by Healthy People 2010 and 9 best practice principles that have been associated with successful program outcomes.

7. This advisory reviews the current state of workplace wellness including a comparison of Scorecards and Recognition Programs.

8. Also, the unique utility of AHA’s Life’s Simple 7 and My Life Check® is described in the perspective of evaluating employee health at the individual and company levels.

9. Eight recommendations for CWWP recognition are given to promote innovation, improvements, and achievement in workplace wellness programs.

10. The AHA/ASA is committed to supporting and facilitating the translation of research into practice, improving CVH, and preventing CVD and stroke. As a recognized leader in evidence-based guidelines, improving systems of care, and quality programs, the AHA/ASA is dedicated to the achievement of optimal CVH for all individuals.