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Confluence Health Recognized by American Heart Association for Building a Culture of Health and Well-Being

Wenatchee, WA: Confluence Health was recently nationally recognized by the American Heart Association with gold-level recognition for its commitment to employee health and well-being as measured in the Association's 2023 [Workforce Well-Being Scorecard™](#).

The Scorecard brings together the latest research and insights from industry experts to help business leaders build a science-backed, employee-centric culture of health and well-being. The tool allows employers to evaluate how their policies and procedures compare to leading best practices in areas such as mental health support, addressing burnout, financial well-being, health equity considerations, and more. Companies that complete the Scorecard receive a recognition level based on their alignment with established guidance, along with actionable strategies to support improvement and a dashboard to benchmark their progress against peer organizations. In 2023, 492 organizations completed the Scorecard.

In its efforts to promote well-being, Confluence Health's Wellness Program encourages employees to get preventative care, such as colonoscopies or mammograms, along with completing health risk assessments or participating in yearly wellness tracks, including losing weight, increasing fitness, or managing diabetes through A1C improvement, to help meet an employee's individual health goals. Many of these activities also come with a financial incentive to encourage participation and reward successes. In addition, the program also partners with the Nutrition and Food Services departments to provide healthier meals on-site, runs a weight-loss support group, and even provides a monthly collection of healthier recipes to encourage better eating habits.

"Our Wellness Program is all about supporting our employees to improve their health and wellness, which not only helps to align with our organization's vision of creating joy and pride in our work, but also helps our employees to be their healthiest and hopefully lessens future potential health issues," commented Kiersten Burke, wellness program coordinator at Confluence Health. "The American Heart Association's Workforce Well-Being Scorecard helps us stay on top of the latest advancements in workforce health and well-being so we can create the best environment possible for our people, while also determining the effectiveness of our wellness program and highlighting areas for improvement. We want all staff and providers, both in and out of the workplace, to thrive and be the healthiest they can be."

Championing well-being, a healthy mind, heart, and body for employees is good for their health and good for business outcomes. In general, healthy employees are more productive and use less sick time, and organizations who create a culture of health in the workplace can improve employee retention and organizational reputation, [according to the Centers for Disease Control and Prevention](#).

The Workforce Well-Being Scorecard is a free resource offered by the American Heart Association's Well-Being Works Better™ platform, which helps business leaders unleash the power of a healthy, happy workforce. Distinct from traditional wellness programs, Well-Being Works Better empowers employers to champion the mental and physical health and well-being of their employees and provides actionable guidance to meet their organization's unique needs. Participating employers also can be nationally recognized by the American Heart Association.

To learn more and view a full list of recognized organizations, visit heart.org/workforce.

About Confluence Health

Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence Health is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health and includes nine community board members and six physician board members.

For More Information

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