



July 1, 2018

Nat Auten, President & CEO  
YMCA of Catawba Valley  
701 1<sup>st</sup> Street NW  
Hickory, NC 28601

Dear Nat:

It is my pleasure to congratulate your organization for earning the American Heart Association Silver Level Workplace Health Achievement recognition. We know that good health is good business and you have reached an important milestone in building a culture of workplace health. Studies show that worksites with a culture of health with comprehensive, evidence-based policies and programs, and senior leadership support are more likely to have engaged employees and a healthier, more productive workforce.

We urge you to engage in continuous quality improvement and review your Workplace Health Achievement Index dashboards, identify opportunities for improvements, and update your answers to the Structure and Process questions before the next deadline of June 1, 2019 to optimize your total score and recognition level. Additionally, the American Heart Association has launched a new business, Health Screening Services, which can help you collect and submit your employee health data. We also encourage you to consult resources such as the Workplace Health Playbook and Healthy Workplace Food and Beverage Toolkit for actionable guidance.

Congratulations again, and thank you for setting such an outstanding example of leadership in workplace health and well-being.

Sincerely,

A handwritten signature in black ink that reads "Nancy A. Brown".

Nancy Brown  
Chief Executive Officer

CC Lala Koziscek, Corporate Wellness Director

*"Building healthier lives,  
free of cardiovascular  
diseases and stroke."*

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Please remember the American Heart Association in your will.

